RECIPES FROM THE FRUGAL GOURMET



A TELEVISION SERIES ON FRUGAL COOKING

featuring JEFF SMITH

- OF -

THE CHAPLAIN'S PANTRY
110 TACOMA AVE. N.
TACOMA, WA. 98403

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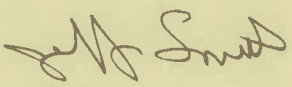
FOREWORD

COOKING IS A GREAT JOY TO ME. IT MAKES ME HAPPY TO SEE PEOPLE CROWDED AROUND A TABLE AND RELISHING THE DELIGHTS OF GOOD COMPANY, GOOD FOOD, AND GOOD WINE. WHILE A COLLEGE CHAPLAIN, I BEGAN TO STUDY THE EARLY HISTORY OF THE TABLE IN ANCIENT CULTURES, AND LEARNED THAT ANCIENT PEOPLES, THE JEWS AND THE CHINESE FOR INSTANCE, ALL SAW THE TABLE AS THE ONLY PLACE TO SHARE THE JOYS OF THE FAMILY. AND THE TABLE WAS THE ONLY PLACE FOR FORMING COVENANTS AND AGREEMENTS. TO EAT WITH SOMEONE WAS TO TELL HIM THAT YOU RESPECTED HIM AND LOVED HIM. ONE NEVER ATE WITH ONE'S ENEMIES AND BUSINESS LUNCHEONS WERE INCONCEIVABLE.

HOW FAR WE HAVE COME FROM THAT TIME. TODAY THE TABLE IS NO LONGER THE SYMBOL OF OUR LIFE TOGETHER, AND FOR TOO MANY FAMILIES, THE TABLE IS SIMPLY A PLACE WHERE WE EAT IN A HURRY, THE KIDS ON ONE SCHEDULE AND THE PARENTS ON ANOTHER. AND THE TV DINNER! IT IS A PROPER SYMBOL FOR A CULTURE THAT VALUES PRIVATUDE AND INDEPENDENCE OVER AND AGAINST COMMUNAL LIFE.

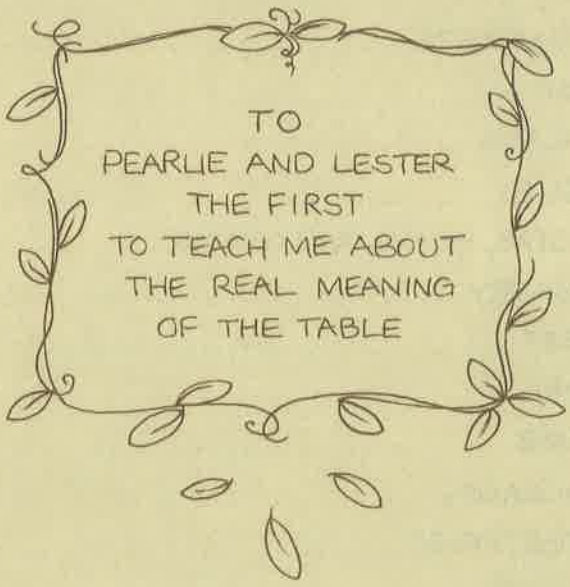
IN THESE TIMES I URGE YOU TO COOK FOR YOUR FAMILY, WHETHER YOU BE THE HOUSEWIFE OR THE HOUSEHUSBAND, SO THAT THEY WILL GROW UP WITH MEMORIES OF THE TABLE. MEMORIES WHICH WILL HELP THEM CEMENT THEIR OWN FAMILIES TOGETHER, MEMORIES WHICH MAY WELL RETURN TO OUR CULTURE A SENSE OF OUR OWN PEOPLEHOOD, AND A SENSE OF THE JOY OF THE FEAST.

I WISH YOU WELL.

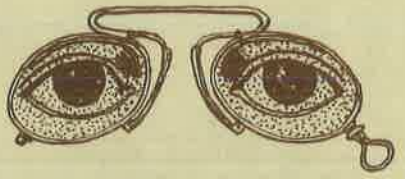


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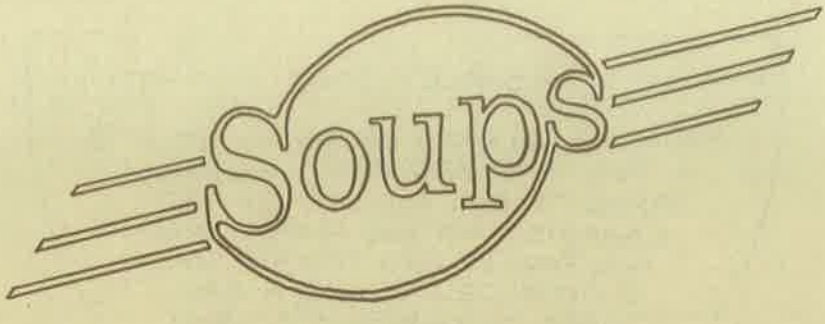
... AND TO ALL THE FRIENDS OF G2
WHO GAVE SO GENEROUSLY OF
THEIR TIME TO MAKE THE COOK BOOK
AND SERIES POSSIBLE.



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THE BASIC BROWN SOUP STOCK

PLACE BARE BONES (NOT MEATY SOUP BONES) IN A LARGE ROASTING PAN. BONES MAY BE PURCHASED FROM THE BUTCHER FOR LITTLE COST. TELL HIM YOU WANT FRESH RENDERING BONES. ROAST IN 425° OVEN WITHOUT LID FOR 2 HOURS. YOU MAY WISH TO ADD SOME YELLOW ONIONS AND CARROTS AT THE BEGINNING OF THE 2ND HOUR.

PLACE ROASTED BONES IN A SOUP POT, ADD ONE QUART WATER FOR EACH POUND OF BONES. ADD CHOPPED CELERY HEAD, YELLOW ONIONS, AND SLICED CARROTS. DO NOT PEEL ANY OF THE VEGETABLES. YELLOW ONION SKINS GIVE LOVELY COLOR TO THE STOCK.

BRING TO A HEAVY SIMMER AND COOK FOR 8-9 HOURS. DO NOT SALT. STRAIN STOCK AND STORE.

FRENCH ONION SOUP

SAUTÉ SLICED YELLOW ONIONS IN BUTTER. PLACE 2 TBS. OF ONIONS IN 12 OZ. SOUP BOWL, AND ADD A DASH OF DRY SHERRY. AND SOME GRATED PARMESAN OR ROMANO CHEESE. ADD BOILING BROWN SOUP STOCK AND SALT TO BOWL. SERVE WITH A BOAT OF TOASTED FRENCH BREAD COVERED WITH SWISS CHEESE IN THE BOWL.

BARLEY SOUP

BRING 2 QUARTS OF BROWN STOCK TO A BOIL AND ADD ONE CUP BARLEY. BRING TO BOIL AND ADD GRATED CARROTS, SALT AND PEPPER, OREGANO, PARSLEY, AND PERHAPS SOME CHOPPED CELERY AND A BAY LEAF. ~ SIMMER FOR ABOUT 3 HOURS. SERVE WITH SHERRY AND CHEESE, IN A BOWL.

LENTIL SOUP

SOAK 2 CUPS DRY LENTILS IN ONE QUART WATER FOR 2 HOURS. PLACE IN SOUP POT (WATER INCLUDED) AND ADD 2 QUARTS BROWN STOCK, A DICED POTATO, SOME GRATED CARROT, AND 3 TBL. WHITE VINEGAR, A LITTLE SALT, AND 2 TSP. GROUND CLOVES. NO PEPPER! ~ COOK OVER LOW HEAT FOR 3 HOURS AND SERVE WITH SHERRY & CHEESE IN A BOWL.

GLACE DE VIANDE

GENTLY BOIL DOWN 3 QUARTS OF BROWN STOCK UNTIL THERE IS ABOUT 2 CUPS. THIS WILL REQUIRE CHANGING PANS TWICE. THE RESULTS SHOULD BE DARK AND THICK LIKE MOLASSES. COOL AND PLACE IN THE REFRIGERATOR. CUT INTO LITTLE BLOCKS, COVER WITH CORNSTARCH, REFRIGERATE, AND USE FOR FLAVORING AND COLORING SOUPS AND GRAVIES.

WHITE SOUP STOCK

BOIL CHICKEN NECKS AND BACKS IN WATER TO COVER. ADD CELERY, CARROTS, AND YELLOW ONION, ALL CHOPPED UP INTO BIG PIECES. SALT AND PEPPER. SIMMER FOR 3 HOURS AND STRAIN AND STORE.

CELERY SOUP

SAUTÉ IN 3 TBL. BUTTER, 1 1/2 CUPS OF CHOPPED CELERY AND LEAVES, 1/2 CUP CHOPPED LEEKS, 2 LARGE TOMATOES. ADD TO 6 CUPS WHITE STOCK AND COOK FOR 30 MINUTES. STRAIN AND SERVE WITH SOME FRESH CHOPPED CELERY LEAVES & SALT & PEPPER.

CHICKEN WITH MUSHROOMS

SAUTÉ 1/2 CUP FRESH SLICED MUSHROOMS IN BUTTER. ADD TO 6 CUPS WHITE STOCK ALONG WITH SOME COOKED CHICKEN AND 1/2 CUP UNCOOKED WHITE RICE. COOK UNTIL RICE IS PUFFY AND SERVE WITH A LITTLE LEMON JUICE AND CHOPPED GREEN ONIONS IN A BOWL.

CREAM OF BROCCOLI SOUP



CHOP UP 2 LBS. OF BROCCOLI, SAVING SOME OF THE SMALL BUDS AND FLOWERS FOR LATER USE. SAUTÉ IN BUTTER ALONG WITH 1/2 CUP YELLOW ONIONS, 1/4 CUP CHOPPED GREEN PEPPER. SPRINKLE WITH 2 TBS. FLOUR AND STIR. ADD TO 6 CUPS WHITE STOCK, ALONG WITH A BAY LEAF, SOME FRESH PARSLEY, A TSP. GROUND THYME AND 6 WHOLE BLACK PEPPERCORNS. COOK FOR 30 MINUTES AND PURÉE THE WHOLE MIXTURE IN A BLENDER OR SEIVE. ADD A LITTLE NUTMEG. STRAIN THE SOUP FROM THE PULP AND RETURN TO PAN. ADD 3 WHIPPED EGG YOLKS WHICH HAVE BEEN BLENDED WITH 1 CUP MILK OR CREAM AND POUR INTO HOT SOUP. SERVE WITH SOME OF THE FRESH BROCCOLI BUDS THAT YOU RESERVED FROM ABOVE TO FLOAT IN THE BOWL.

SPINACH DANDELION SOUP

TO SIX CUPS WHITE STOCK, ADD A GOOD FISTFUL EACH OF FRESH DANDELION AND SPINACH. CHOP UP BOTH FIRST. FIND NICE LEAFY DANDELION GREENS THAT HAVE NO FUZZ ON THEM. ADD SOME CHOPPED GREEN ONIONS, A LITTLE FRESH CRUSHED GARLIC, AND SALT AND PEPPER. COOK UNTIL GREENS ARE TENDER AND OFFER IN BOWLS WITH A LITTLE NUTMEG AND SOME CHOPPED HARDBOILED EGG.



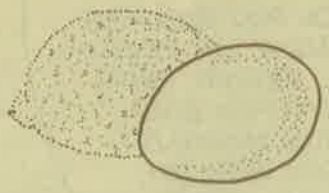
PEPPER POT SOUP

THIS IS WHAT KEPT THE BOYS ALIVE AT VALLEY FORGE - AND GEORGE ATE IT WITH THEM! THE COOK HAD NOTHING BUT TRIPE AND VEGETABLES SO HE CAME UP WITH THIS GREAT DISH. PLEASE TRY THIS ONE! IT IS GREAT! I HAVE ADAPTED IT TO YOUR KITCHEN OF COURSE, BUT IT IS STILL A STRICTLY AMERICAN DISH.

SAUTÉ 4 OR 5 SLICES OF BACON, CHOPPED UP. ADD 1/2 CUP CHOPPED ONION, 1/2 CUP CHOPPED CELERY AND 2 CHOPPED, SEEDED GREEN PEPPERS TO THE PAN. SAUTÉ ALL LIGHTLY. ADD ALL TO A SOUP KETTLE ALONG WITH 2 QUARTS OF OUR FINE BROWN SOUP STOCK FROM A PREVIOUS RECIPE. ADD A PINCH OR 2 OF MARJORAM AND 1/2 TSP. OF GROUND CLOVES. YOU MIGHT ALSO ADD SOME AUTHENTICITY BY ADDING A CHOPPED UP POTATO TO THE POT. SAUTÉ UNTIL LIGHT BROWN 1 LB. OF BLANCHED TRIPE. YOU CAN FIND THIS IN MOST SUPERMARKETS. CUT THE TRIPE UP INTO LITTLE 1/2 INCH SQUARES BEFORE YOU SAUTÉ. ADD TO THE SOUP POT ALONG WITH A BAY LEAF AND BRING TO A BOIL. SIMMER GENTLY UNTIL THE TRIPE IS WELL COOKED.

IN THE COLONIES, SO MUCH PEPPER WAS ADDED TO THE SOUP THAT IT WAS "PEPPER POT, SMOKIN' HOT." YOU ADD AS MUCH GROUND BLACK PEPPER AS YOU THINK YOU CAN TAKE! —(FROM NEW ENGLAND)

EGG LEMON SOUP



PREPARE CLEAR CHICKEN BROTH FROM OUR PREVIOUS RECIPE. TO 2 CUPS MILK, ADD 2 TBL. OF CORNSTARCH AND THEN MIX IN 6 BEATEN EGG YOLKS. ADD 1/2 CUP OF RICE TO 2 QUARTS OF CHICKEN SOUP AND COOK

(PLEASE GO ON TO THE NEXT PAGE)

EGG LEMON SOUP (CONTINUED)

UNTIL THE RICE IS PUFFY AND TENDER. REMOVE THE SOUP FROM THE HEAT AND ADD THE EGG AND MILK MIXTURE, STIRRING CAREFULLY. CONTINUE TO COOK FOR A MOMENT UNTIL ALL THICKENS. REMOVE FROM THE HEAT AGAIN AND ADD 1/2 CUBE OF BUTTER, A FIST FUL OF CHOPPED PARSLEY, AND A CUP OF LEMON JUICE. YOU MAY WISH TO ADD SOME GRATED LEMON PEEL AS WELL. ADD SALT AND PEPPER AND SERVE. (FROM GREECE.)

CHINESE CHICKEN SOUP STOCK

PLACE 3 POUNDS CHICKEN BACKS AND NECKS IN LARGE KETTLE AND COVER WITH COLD WATER. BRING TO A LIGHT SIMMER. WHEN A SCUM BEGINS TO FORM ON WATER DRAIN THE KETTLE COMPLETELY AND RINSE THE BONES. COVER WITH FRESH COLD WATER, ADD 3 SLICES FRESH GINGER, AND ONE DRIED CHINESE TURNIP BALL (OPTIONAL). BRING TO A LIGHT BOIL AND SIMMER FOR 2 HOURS. DRAIN AND SKIM THE STOCK.

PEAS AND EGG SOUP

TO 1 QT. BASIC SOUP STOCK ADD PACKAGE FROZEN PEAS & CHOPPED CHINESE OR FRENCH MUSHROOMS. BRING TO BOIL. REMOVE FROM HEAT AND POUR 3 WHIPPED EGGS ON TOP OF SOUP. WAIT A MOMENT AND THEN STIR. SEASON WITH SOY, SALT, AND SESAME OIL. SERVE WITH CHOPPED GREEN ONIONS ON TOP.

CUCUMBER SOUP

PROCEED AS ABOVE (PEAS AND EGG SOUP) USING CHOPPED PORK AND THIN SLICED CUCUMBERS. OMIT EGGS.

FISH AND LETTUCE SOUP

BRING ONE QT. SOUP STOCK TO BOIL. ADD TWO SLICES GINGER AND TWO CHOPPED GARLIC CLOVES FRIED IN A LITTLE PEANUT OIL. ADD 1/2 LB. BONELESS, THIN-SLICED WHITE FISH FILET. SIMMER FOR 5 MINUTES. ADD CHOPPED HEAD ICEBERG LETTUCE. COOK FOR 2 MINUTES. ADD SALT, SOY, SESAME OIL. SERVE WITH ONIONS ON TOP.

CUBAN BLACK BEAN SOUP

SOAK 1 1/2 CUPS BLACK BEANS OVERNIGHT. DRAIN. ADD ONE GALLON FRESH WATER. SIMMER FOR FIVE HOURS. ADD 1 LB. CHOPPED BACON, 1 TSP. RED PEPPER FLAKES (NOT DRIED SWEET PEPPERS), SALT AND PEPPER, 2 CLOVES CRUSHED GARLIC, PINCH OF OREGANO, 2 CHOPPED YELLOW ONIONS, 1 TBS. PREPARED MUSTARD, HANDFUL CHOPPED PARSLEY, AND HAND FUL CHOPPED CELERY. SIMMER FOR ANOTHER 2 HOURS. WATCH THAT YOU DON'T BURN THIS GREAT SOUP!

"TROUBLES GO DOWN BETTER WITH SOUP!"

– YIDDISH PROVERB

APPETIZERS

THE HORS D'OEUVRE IS TOO MUCH WORK FOR A NORMAL DINNER PARTY. I NEVER SERVE THEM. I PREFER TO SERVE A LITTLE CHEESE AND GREEK OLIVES ALONG WITH A CRACKER OR TWO AND SOME NICE DRY SHERRY. NEVER HARD LIQUOR BEFORE DINNER AS IT WILL DRY OUT YOUR TASTEBUDS. SHERRY WILL WAKE THEM UP! INSTEAD OF HORS D'OEUVRES I SERVE A FIRST COURSE OF APPETIZERS. THIS SIMPLY MEANS A PLATE OF GOLD GOODIES THAT PRECEDES THE MEAL AND IS SERVED AT THE TABLE. I OFFER SOME OF MY FAVORITES.

ITALIAN COPENATA

THIS LOVELY EGGPLANT RELISH IS A GREAT BEGINNING FOR ANY PARTY. SERVE IT ON A BED OF LETTUCE FOR GARNISH AND WITH A FEW BROWN CRACKERS.

TO PREPARE: CUT 2 POUNDS OF FRESH EGGPLANT INTO 1 INCH CUBES. DUST WITH 1 TABLESPOON SALT AND ALLOW TO DRAIN IN A COLANDER. MEANWHILE, IN A LITTLE OLIVE OIL, SAUTÉ 2 CUPS OF COARSELY CHOPPED CELERY ALONG WITH 3/4 CUP YELLOW ONION FOR ABOUT 15 MINUTES. USE A LARGE FRYING PAN FOR THIS SO THAT THINGS WON'T BE TOO CROWDED. THEN SAUTÉ THE DRAINED EGGPLANT FOR ABOUT 10 MINUTES IN A LITTLE OIL. PLACE ALL OF THESE IN A HEAVY 2 QUART KETTLE AND ADD 1/3 CUP WINE VINEGAR, 4 TSP. SUGAR, 3 CUPS CANNED TOMATOES MASHED UP WITH YOUR HANDS, 2 TBS. TOMATO PASTE, 6 GREEN OLIVES, PITTED AND CHOPPED, 2 TBS. CAPERS, 4 OR 5 ANCHOVIES IN OIL, AND LET ALL OF THIS SIMMER FOR 15 - 20 MINUTES. ADD SALT AND PEPPER. CHILL AND SERVE.

VEAL AND PORK PÂTÉ (FROM FRANCE)

THIS DISH IS A LOVELY ADDITION TO YOUR FRENCH DINNERS, PARTICULARLY IF YOU HAVE A VERY FANCY PÂTÉ MOLD, SUCH AS THE ONE I DEMONSTRATED. HOWEVER, YOU MAY ALSO USE A BREAD PAN, SO LET'S GET STARTED!

MIX 1 LB. OF GROUND VEAL OR 1 LB. OF LEANEST HAMBURGER WITH 1 LB. OF FRESH GROUND PORK (NO SPICES). ADD 2 EGGS, 2 CLOVES OF CRUSHED GARLIC, A LITTLE SALT AND PEPPER, AND A TSP. OF BASIL. ADD A PINCH EACH OF ROSEMARY AND NUTMEG. LINE A PÂTÉ MOLD OR BREAD PAN WITH BACON STRIPS WHICH HAVE FIRST BEEN BLANCHED FOR A FEW MINUTES IN BOILING WATER. MIX 1/2 CUP OF BRANDY OR DRY SHERRY WITH THE MEAT AND PLACE THE MIXTURE IN THE MOLD UNTIL IT IS HALF FULL. COVER THE TOP WITH CHOPPED PARSLEY, CHOPPED GREEN ONION, AND STRIPS OF COOKED HAM. COVER THE REST OF THE MEAT MIXTURE UNTIL THE MOLD IS FULL. COVER THE TOP WITH MORE STRIPS OF BACON AND ADD 1 BAY LEAF. ADD A LITTLE MORE BRANDY OR SHERRY BY POURING OVER THE TOP (MAYBE 1/4 CUP) AND YOU ARE READY TO BAKE!

PLACE THE MOLD IN A PAN OF WATER. WATER SHOULD REACH UP 1/3 OF THE SIDE OF THE MOLD. COVER WITH ALUMINUM FOIL AND A LID, IF YOU ARE USING ONE, AND PLACE THE WHOLE IN A 325° OVEN FOR ABOUT 1 1/2 HOURS. YOU MAY CHECK FOR "DONENESS" SIMPLY BY LOOKING TO SEE IF THE JUICES ARE CLEAR RATHER THAN PINK. REMOVE FROM OVEN AND REMOVE LID. PLACE A PIECE OF WOOD ON THE TOP OF THE MEAT. THE WOOD SHOULD BE CUT TO EXACTLY FIT THE MOLD, ALLOWING FOR A LITTLE SPACE SO THAT THE WOOD MAY PRESS THE MEAT. PLACE A BRICK ON THE BOARD AND ALLOW THE MEAT TO COOL. WHEN COOL, PLACE IN A REFRIGERATOR, STILL WITH THE BRICK, AND CHILL. IT IS BEST THE NEXT DAY. REMOVE FROM MOLD AND SLICE, SERVE ON BEDS OF LETTUCE WITH A NICE GREEN SALAD AND PLENTY OF CHABLIS. IF YOU HAVE A FANCY MOLD - SERVE IT RIGHT FROM THE MOLD AT THE TABLE!

ITALIAN ANTIPASTO

THIS DISH IS SO DRAMATIC THAT IT WILL MAKE ANY ITALIAN DINNER. SERVE IT PRIOR TO THE PASTA COURSE WHICH IS SERVED JUST BEFORE THE MAIN COURSE. IT IS A LOVELY MOSAIC OF COLOR AND FLAVORS.

ON A PLAIN GLASS PLATE ARRANGE THE FOLLOWING ITEMS. DO IT CAREFULLY SO THAT EVERY PLATE LOOKS LIKE EVERY OTHER. ARRANGE A LITTLE COPENATA, TWO OR THREE WEDGES OF HARD BOILED EGG, A CLEANED GREEN ONION, TWO SLICES OF ITALIAN SALAMI, A LITTLE TUNA MIXED WITH SOME TOMATO SAUCE, A FEW GREEK OLIVES, A FEW GREEN OR ITALIAN OLIVES, A LITTLE CHEESE, A COUPLE OF ARTICHOKE HEARTS, A CHERRY TOMATO, A CANNED SARDINE AND AN ITALIAN PEPERONCINI. YOU DON'T NEED ALL OF THESE, BUT USE AS MANY AS POSSIBLE.

MY TOMATO SAUCE

GOOD TO HAVE THIS ON HAND!

SAUTÉ A COUPLE OF GRATED CARROTS, TWO SLICED CELERY STALKS, 1/2 CHOPPED YELLOW ONION, 2 CLOVES CRUSHED GARLIC, AND A SMALL HANDFUL OF CHOPPED PARSLEY. SAUTÉ FOR ABOUT 15 MINS. IN A LITTLE OIL. PLACE IN SAUCE PAN AND ADD 3 CUPS CANNED TOMATO SAUCE, 3/4 CUP CHEAP DRY RED WINE, 3/4 CUP OF OUR HOMEMADE BEEF STOCK (SEE PREVIOUS RECIPES) AND A LITTLE OREGANO AND BASIL, ALONG WITH SOME SALT AND PEPPER. COOK THIS FOR AN HOUR OR SO AND USE IT FOR MANY THINGS IN YOUR KITCHEN. GREAT WITH TUNA FOR ANTIPASTO, GOOD ON RAVIOLI OR SPAGHETTI, FINE IN AN OMELETTE.

LIVER PÂTÉ ON LETTUCE

DON'T FORGET THIS CLASSIC FRENCH FIRST COURSE. SIMPLY OPEN A TIN OF LIVER PÂTÉ AND MIX WITH A LITTLE CREAM CHEESE. SERVE ON LETTUCE WITH BROWN CRACKERS. OR MAKE YOUR OWN PÂTÉ QUICKLY FROM LIVERWURST, MAYONNAISE, CHOPPED ONION, A LITTLE LEMON JUICE AND SALT AND PEPPER.

HERRING AND SOUR CREAM

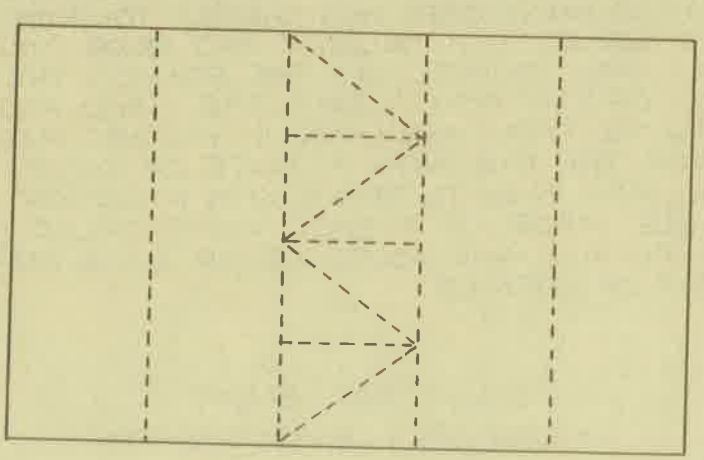
A FAVORITE APPETIZER OF EVERY JEWISH GRANDMA. JUST BUY SOME GOOD, FIRM PICKLED HERRING FROM YOUR FISH MAN AND DRAIN IT. MIX WITH SLICED YELLOW ONIONS AND FRESH SOUR CREAM. SERVE ON A BED OF LETTUCE WITH BROWN RYE CRACKERS. ENJOY!

TEROPIDAS (FROM GREECE)

DRAIN 1/2 PACKAGE FROZEN CHOPPED SPINACH. MIX WITH 1/4 POUND CHOPPED FETA CHEESE AND 1/2 POUND DRAINED SMALL CURD COTTAGE CHEESE. ADD 1 EGG, SOME GRATED LEMON PEEL, AND A LITTLE NUTMEG, SALT AND PEPPER.

PLACE A SHEET OF FILLO DOUGH (AVAILABLE IN ANY GOOD DELI) ON YOUR BLOCK AND BRUSH WITH MELTED BUTTER. WITH A SHARP KNIFE, CUT THE SHEET INTO FIVE PIECES, EACH ABOUT THREE INCHES WIDE. PLACE 1 TABLESPOON OF FILLING AT THE BOTTOM OF EACH PIECE AND ROLL UP SO AS TO FORM A TRIANGLE. MOVE ONE SIDE TO THE OTHER UNTIL THE WHOLE IS ROLLED UP.

BAKE ON A GREASED COOKIE SHEET AT 400° UNTIL LIGHT BROWN - ABOUT 15-20 MINUTES.





POACHED SALMON

PLACE YOUR SALMON (TRY TO FIND ONE ABOUT 5-6 POUNDS) IN A FISH POACHER OR ANY DEEP BAKING PAN AND COVER WITH WATER. REMOVE THE FISH AND ADD SOME CHICKEN BOUILLON CUBES TO THE WATER ALONG WITH A LITTLE BIT OF VINEGAR (1/4 CUP TO EACH QUART WATER). ADD A FEW PEPPERCORNS AND PERHAPS A LITTLE DILL WEED. BRING THE WATER TO A BOIL AND PLACE THE WHOLE, CLEANED FISH IN THE POACHER. COVER AND BARELY SIMMER UNTIL THE FISH IS FLAKY AND TENDER. THIS SHOULD TAKE LESS THAN AN HOUR.

REMOVE VERY CAREFULLY AND ARRANGE WHOLE ON A GIANT BED OF LETTUCE. GARNISH WITH LEMON WEDGES AND CHERRY TOMATOES AND SERVE WITH DELIGHT AND PRIDE. YOU MAY WISH TO PEEL OFF THE SKIN ON THE SIDE OF THE FISH. LEAVE THE HEAD AND TAIL AS THEY ARE (AND, IF YOU ARE FUSSY, COVER THE EYE WITH A SLICE OF OLIVE. YOU MAY WISH TO SERVE WITH A LEMON SAUCE MADE OF A BASIC WHITE SAUCE TO WHICH YOU HAVE ADDED LEMON JUICE AND A BIT OF NUTMEG.

"ENJOY! EAT! ENJOY!"
– EVERYBODY'S JEWISH GRANDMA

BAKED STUFFED SALMON

CHOOSE A LARGE BAKING PAN INTO WHICH YOU CAN FIT YOUR WHOLE, CLEANED SALMON AND STILL HAVE ROOM FOR ABOUT AN INCH OF BROTH ALL AROUND THE FISH. STUFF THE FISH WITH SLICES OF GREEN PEPPER, YELLOW ONION, GRATED CARROT, AND SOME WHOLE BRANCHES OF PARSLEY. SALT AND PEPPER THE FISH BEFORE STUFFING. PLACE IN THE PAN AND ADD CHICKEN BROTH WITH A LITTLE DILL, SO THAT THE FISH IS SITTING IN A BATH OF ABOUT ONE-INCH DEPTH. COVER THE WHOLE WITH ALUMINUM FOIL, AND BAKE IN A 325° OVEN. ALLOW ABOUT 1½ HOURS FOR A 5-6 POUND FISH. SERVE AS ABOVE. FOR SOME ADDED CLASS, ADD SOME WHITE WINE (CHOOSE A DRY WHITE) TO YOUR BROTH.

BROILED SALMON STEAKS

PREPARE A SAUCE OF ONE CUP OLIVE OIL, ½ CUP CHINESE SOY SAUCE, 1 TSP. DILL WEED, ¼ CUP FRESH LEMON JUICE, AND A LITTLE GROUND CLOVE. MIX WELL AND BRUSH OVER YOUR SALMON STEAKS. BROIL THE STEAKS ON A COOKIE SHEET UNTIL LIGHT BROWN AND TENDER. DO NOT OVERCOOK. THIS WILL TAKE VERY LITTLE TIME – SO BE CAREFUL.

SALMON EN GELÉE

POACH OR BAKE A SALMON AS ABOVE AND PLACE ON A RACK FROM YOUR OVEN. PLACE THE RACK OVER THE SINK AND REMOVE THE SKIN OF THE FISH FROM THE NECK TO THE TAIL. PREPARE A CLEAR GELATIN AND ADD A LITTLE LEMON JUICE TO SAME (THE RECIPE IS ON THE GELATIN

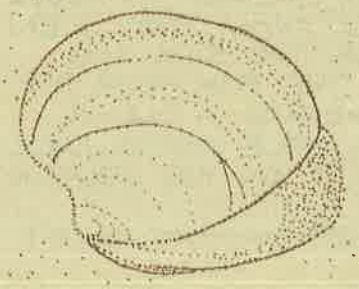
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SALMON EN GELÉE (CONTINUED)

ENVELOPE). CHILL THE GELATIN IN THE REFRIGERATOR UNTIL IT IS A LITTLE THICKER THAN A VERY HEAVY CREAM. BRUSH SOME OF THE GELATIN ON THE FISH, STILL OVER THE SINK, AND WORKING QUICKLY, PLACE SOME ALREADY CUT VEGETABLE FLOWERS ON THE BACK OF THE FISH. I USE A LITTLE COOKIE CUTTER AND CUT FLOWERS FROM SLICES OF CARROTS AND OTHER WHITE VEGETABLES. POUR SOME MORE GELATIN OVER THE WHOLE OF THE FISH AND CHILL IN THE REFRIGERATOR UNTIL ALL IS SET. IT WILL BE EASY TO DO IF YOU CHILL THE WHOLE FISH BEFORE YOU BEGIN TO PREPARE HIM EN GELÉE. SERVE ON A LARGE BED OF LETTUCE WITH GARNISHES. THIS DISH WILL ABSOLUTELY MAKE ANY BUFFET DINNER.

CLAMS BORDELAISE

IN A LARGE KETTLE WITH A TIGHT-FITTING LID, SAUTÉ A FEW CHOPPED SHALLOTS IN A LITTLE OLIVE OIL. YOU MAY USE GREEN ONIONS OR YELLOW ONIONS INSTEAD. ADD 3 OR 4 QUARTS OF CLAMS, A LITTLE PARSLEY, A FEW TWISTS FROM YOUR PEPPER MILL, AND A COUPLE OF PINCHES OF GROUND THYME. ADD ONE CUP DRY WHITE WINE AND COVER THE POT. PLACE ON HIGH HEAT UNTIL THE CLAMS OPEN. SERVE WITH THE SAUCE POURED OVER THE CLAMS. VARIATIONS: YOU MAY ADD GARLIC - WONDERFUL! OR, YOU MAY REMOVE



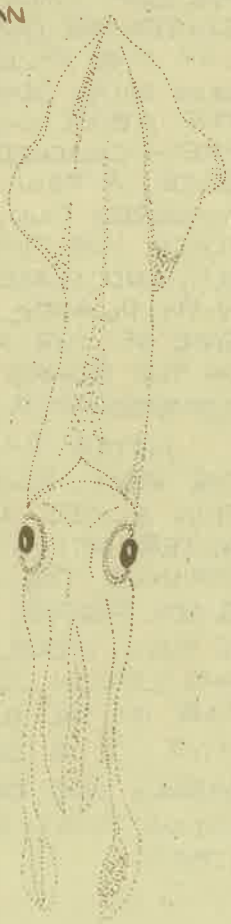
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CLAMS BORDELAISE (FROM PAGE 16)

THE CLAMS FROM THE POT AND THICKEN THE SAUCE WITH A LITTLE ROUX, A PASTE MADE FROM MELTED BUTTER AND FLOUR. POUR THE THICKENED SAUCE OVER THE CLAMS.

ITALIAN SQUID SALAD

SOUND LIKE A WEIRD ONE? THIS IS A CLASSIC BIT OF ITALIAN ANTIPASTO. CLEAN A POUND OF SQUID BY SIMPLY PULLING OFF THE HEAD AND RINSING OUT THE BODY TUBE THAT REMAINS, DON'T FORGET TO REMOVE THE CUTTLEBONE. CUT THE BODY UP INTO LITTLE CIRCLES. YOU MAY ALSO USE THE HEAD IF YOU SIMPLY REMOVE THE EYES WITH A SMALL PARING KNIFE AND REMOVE THE BEAK IN BETWEEN THE LEGS BY JUST PINCHING IT OUT. WASH THE SQUID PIECES AND DROP INTO BOILING WATER. SQUID WILL BE DONE WHEN THE EDGES CURL OR WHEN THE WATER RESUMES BOILING. DRAIN IMMEDIATELY. PLACE IN A SALAD BOWL WITH 1 CUP CHOPPED CELERY, ONE SLICED YELLOW ONION, 1/3 CUP OLIVE OIL, 1/4 CUP WHITE WINE VINEGAR, ONE TSP. CRUSHED OREGANO, A LITTLE CHOPPED PARSLEY AND SOME FRESHLY GROUND PEPPER. TOSS AND CHILL FOR ABOUT TWO HOURS OR SO BEFORE SERVING. SERVE WITH LEMON WEDGES. EVERYONE WILL BE AMAZED AT THIS DISH!!



NORWEGIAN GRAVLOX

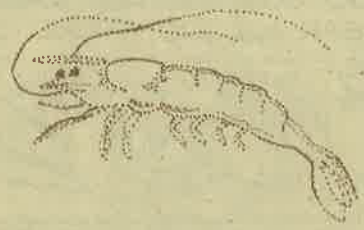
OR PICKLED SALMON

HAVE THE FISH MONGER FILET A 5-7 LB. SALMON, LEAVING THE SKIN ON THE FISH. MIX 2/3 CUP SALT, 1/2 CUP SUGAR, AND 2 TSP. SALTPETER (AVAILABLE AT THE DRUGSTORE). LAY THE FILETS ON A COUNTER WITH THE SKIN SIDE DOWN AND RUB THE FLESH WITH THE ABOVE MIXTURE. THEN SPRINKLE WITH FRESH CRACKED BLACK PEPPER, GROUND ALL-SPICE, A FEW CRUSHED BAY LEAVES AND POWDERED DILL, OR BETTER YET, FRESH DILL. PLACE THE TWO FILETS TOGETHER, SKIN SIDE OUT, AND PLACE ON A COOKIE SHEET. COVER WITH PLASTIC WRAP AND PUT A BOARD THE SIZE OF THE FILET ON TOP. PLACE A WEIGHT ON THE BOARD AND PUT THE WHOLE IN THE REFRIGERATOR AND PRESS FOR 24 HOURS.

AFTER 24 HOURS, REMOVE AND SKIN THE FISH. SLICE THE FISH INTO SMALL, THIN SLICES AND PACK IN SMALL JARS — ALTERNATING SALMON WITH SLICED ONIONS. SPRINKLE THE ONION LAYERS WITH MORE BLACK PEPPER AND MORE DILL. WHEN JAR IS FULL, POUR IN A DRESSING OF SALAD OIL AND LEMON JUICE. CHILL. THIS WILL KEEP FINE IN THE REFRIGERATOR FOR SEVERAL DAYS. IT IS GREAT ON CRACKERS OR WITH BAGELS AND CREAM CHEESE. WHEN YOU START EATING THIS - YOU WILL NOT BE ABLE TO STOP!!

FISH PASTE, CHINESE STYLE

CAREFULLY DEBONE WHITE FISH FILETS. CHOP INTO SMALL PIECES AND PLACE A FEW PIECES AT A TIME IN A BLENDER. GRIND UP THE FISH TO A PASTE. WHEN ALL IS GROUND, ADD SOME CHOPPED GREEN ONIONS, A LITTLE LIGHT SOY SAUCE, SOME GRATED GINGER TO TASTE, AND SALT AND PEPPER. I ALSO LIKE SOME SESAME OIL. ADD A RAW EGG, BLEND WELL. THIS PASTE MAY BE FRIED IN CAKES, FORMED INTO BALLS AND COOKED IN SOUP, OR USED FOR STUFFING WON TON NOODLES. DON'T PASS THIS UP. IT IS GREAT.



FRIED SHRIMP, CHINESE STYLE

ONE POUND LARGE SHRIMP IN THE SHELL. MARINATE IN ONE TABLESPOON LIGHT SOY, 1/2 TABLESPOON DRY SHERRY, AND A LITTLE GRATED FRESH GINGER. FRY IN A HOT PAN WITH A LITTLE PEANUT OIL AND TWO CLOVES OF CHOPPED GARLIC. STIR FRY UNTIL COLOR CHANGES. ADD THREE GREEN ONIONS, CHOPPED. ADD SALT AND SESAME OIL. TOSS UNTIL ONIONS BARELY WILT. SERVE.

SALADS YEAR AROUND

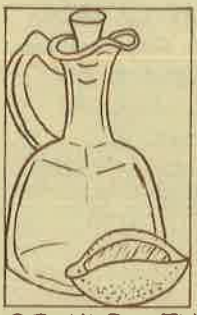
IN EUROPE, SALADS ARE NOT SEEN AS PART OF A MAIN PLATE BUT FOR MOST PART AS A SEPARATE COURSE. WHAT A LOVELY THING IT IS TO OFFER A SALAD PLATE BETWEEN AN APPETIZER COURSE AND THE MAIN PLATE. IT LENGTHENS THE DINNER TIME, IT RAISES THE EVENT OF THE TABLE, IT REFRESHES THE PALATE. SO- SERVE SALADS SEPARATELY AND ENJOY!

BASIC GREENS

WE ARE LUCKY OUR MARKETS CARRY SO MANY GREENS THE YEAR AROUND. THERE IS BUTTER LETTUCE, ROMAINE, ENDIVE, AND THE COMMON ICEBERG. ALL OF THESE ARE GOOD, BUT I PREFER THE BEAUTIFUL RED LEAF. IT IS TENDER, LIGHT IN FLAVOR AND COLORFUL. BUT IT DOES NOT KEEP AS WELL AS THE OLD ICEBERG, SO BE CAREFUL WITH IT!



A GOOD BASIC DRESSING



BOTTLED DRESSINGS ARE STRONG IN FLAVOR AND HIGH IN PRICE. THE FRUGAL GOURMET SUGGESTS YOU PREPARE A BASIC DRESSING AND LEAVE IT IN YOUR REFRIGERATOR. IT WILL KEEP WELL.

BLEND 1/2 CUP OLIVE OIL, 1/2 CUP PEANUT OIL, 1/2 CUP RED WINE VINEGAR, AND 1/2 CUP WHITE VINEGAR. ADD A LITTLE SUGAR, DRY MUSTARD AND GROUND FENNEL, ALL OF THESE TO TASTE. ADD SOME LEMON JUICE, DRIED PARSLEY, AND SALT AND PEPPER.

GREEK SALAD

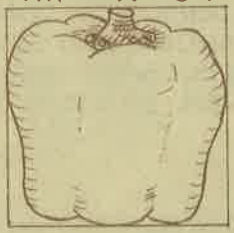
(A GREAT FAVORITE OF MY FAMILY)



MIX CUT CHERRY TOMATOES, THINLY SLICED WHITE OR YELLOW ONIONS, AND SLICED GREEN PEPPERS. ADD SOME GREEK OLIVES AND SOME CHOPPED FETA CHEESE (BOTH AVAILABLE IN YOUR DELICATESSEN. TOSS WITH SALT AND PEPPER, A LITTLE OREGANO AND THE "BASIC DRESSING" ON THE PREVIOUS PAGE. SERVE OVER A BED OF TORN LETTUCE. GREAT FORMAL

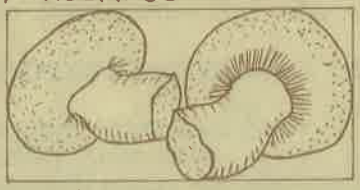
HUNGARIAN SALAD

MIX SLICED GREEN PEPPERS WITH SLICED AND PEELED CUCUMBERS. TOSS WITH OUR "BASIC DRESSING" TO WHICH YOU HAVE ADDED A LITTLE GOOD HUNGARIAN PAPRIKA. SERVE OVER A BED OF LETTUCE TOSSED WITH THE SAME DRESSING. THIS WILL BECOME A FAMILY FAVORITE.



SPINACH SALAD

TOSS FRESH TORN SPINACH WITH CHOPPED GREEN ONIONS, CHOPPED FRIED CRISP BACON, SLICED FRESH MUSHROOMS AND EITHER MUNG BEAN SPROUTS OR ALFALFA SPROUTS. TOSS WITH OUR DRESSING AND TOP WITH SOME FRESHLY GRATED PARMESAN OR ROMANO CHEESE. MY MOTHER ADDS FRESH SUNFLOWER SEEDS TO THIS DISH AND CREATES A GREAT HIT!



JAPANESE CUCUMBER SALAD

THINLY SLICE FOUR NICE CUCUMBERS AND MIX WITH A TABLESPOON OF SALT. PLACE IN A COLANDER AND THE SALT AND WATER WILL DRAIN OFF. DRAIN FOR ABOUT 45 MINUTES. MIX WITH A CAN OF CRAB AND MAKE A DRESSING OF 1/4 CUP LIGHT SOY SAUCE, 1/8 CUP RICE WINE VINEGAR, 1/2 TABLESPOON SESAME OIL AND A GOOD PINCH OF SUGAR. TOSS AND SERVE. ALL OF THESE INGREDIENTS ARE AVAILABLE IN ANY ORIENTAL FOOD STORE. A MOST UNUSUAL AND TASTY SALAD.

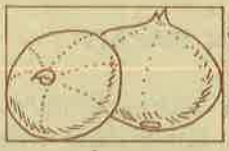


MY SPECIAL SALAD

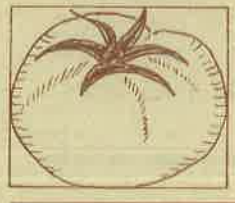
TOSS A SMALL CAN OF BABY CORN (AVAILABLE IN ORIENTAL FOOD MARKETS FOR ABOUT 95¢) ALONG WITH SOME QUARTERED ARTICHOKE HEARTS, CANNED, AND SOME FRESHLY BLANCHED ASPARAGUS. SALT AND PEPPER AND DRESSING—SERVE OVER DRESSED GREEN SALAD...

ITALIAN SALAD

MIX SLICED WHITE ONIONS (THIN SLICED) ALONG WITH SLICED TOMATOES. ADD PARSLEY, OREGANO, AND OUR DRESSING. SALT AND PEPPER. LET THIS MARINATE FOR A FEW HOURS BEFORE DINNER AND THEN BE READY TO BE SORRY YOU DID NOT MAKE MORE...



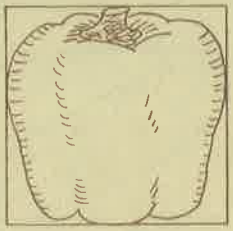
MY BLEU CHEESE AND ANCHOVY DRESSING



TOSS FRESHLY TORN ROMAINE LETTUCE WITH THIS DRESSING. PLACE 2 CUPS OF OUR DRESSING IN AN OSTERIZER. ADD 3 OR 4 SMALL SPANISH

(CONTINUED ON NEXT PAGE)

MY BLEU CHEESE AND ANCHOVY DRESSING (CONT.)

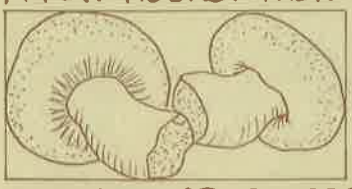


OR PORTUGUESE ANCHOVIES, A LITTLE LEMON JUICE, TWO CODDLED EGGS (SIMPLY LET THEM SIT IN HOT TAP WATER FOR 15 MINUTES), AND A LITTLE BLEU CHEESE. OSTERIZE FOR JUST A MOMENT AND POUR OVER YOUR SALAD. SALT AND PEPPER. ADD CROUTONS AND SERVE. A FAVORITE OF MINE.

REMEMBER - THE WORLD BELONGS TO THOSE WHO SIMPLY TAKE IT. AND I PREFER MY WORLD WITH A GORGEOUS SALAD.

LENTIL SALAD

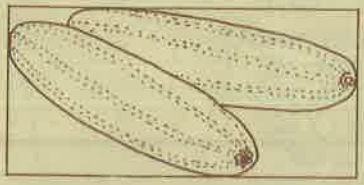
(FROM ARMENIA)



SOAK 1 1/2 CUPS OF LENTILS IN WATER FOR A FEW HOURS. THEN BRING THEM TO A BOIL AND SIMMER UNTIL TENDER... BUT NOT MUSHY. DRAIN AND COOL THEM. PLACE THE LENTILS IN A SALAD BOWL AND ADD A LITTLE SALT, A HANDFUL OF CHOPPED PARSLEY AND ONE BUNCH OF CHOPPED GREEN ONIONS, GREENS AND ALL! MIX A DRESSING OF 8 TABLESPOONS OF OLIVE OIL, THE JUICE FROM 2 LEMONS, 2 CLOVES GARLIC (CRUSHED), A LITTLE BLACK PEPPER, AND 1/4 TEASPOON EACH OF GROUND CORIANDER, AND GROUND CUMIN. TOSS WITH THE LENTILS AND CHILL.

CUCUMBER SALAD

(FROM ISRAEL)

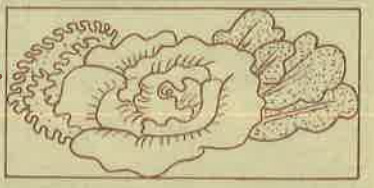


THIS SALAD HAS A FLAVOR VERY CLOSE TO WHAT NEW YORK JEWS CALL A "NEW PICKLE!" IT WILL BECOME A FAMILY FAVORITE, I PROMISE! PEEL AND THINLY SLICE 4 CUCUMBERS, MIX WITH ONE THINLY SLICED YELLOW ONION. BRING TO A BOIL 3/4 CUP SUGAR, 1/2 CUP WATER, 1 CUP WHITE VINEGAR AND 1/2 TABLESPOON DRY DILL. POUR OVER SALAD AND CHILL.

CHAGIKI

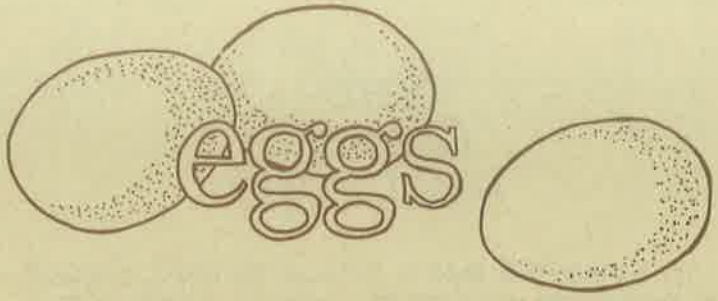
(GREEK CUCUMBER AND YOGURT SALAD)

TO ONE PINT OF YOGURT ADD ONE FINELY CHOPPED CUCUMBER (PEEL AND ALL), ONE CLOVE CRUSHED GARLIC, 1/2 CUP OLIVE OIL, JUICE OF 1/2 LEMON, AND ONE TSP. SALT. BLEND WELL WITH FORK. TOP WITH PARSLEY. CHILL. SERVE WITH MELBA TOAST AS FIRST COURSE OR AS A SIDE DISH DURING DINNER.



FOOD SHOULD FEAST THE EYES AS WELL AS THE STOMACH.

JAPANESE PROVERB



CRÊPES

BASIC CRÊPE BATTER: IN BLENDER PLACE 2 EGGS, 2/3 CUP BEER, 2/3 CUP MILK, 1/4 TSP. SALT, AND 2 TBL. PEANUT OIL. ADD 1 CUP UNSIFTED WHITE FLOUR AND BLEND FOR 30 SECONDS. SCRAPE THE FLOUR THAT HAS HELD TO THE SIDE OF THE BLENDER AND BLEND AGAIN FOR ONE MINUTE. STORE IN REFRIGERATOR FOR AT LEAST 3 HOURS BEFORE USING. YOU MAY HAVE TO THIN WITH A LITTLE ADDITIONAL MILK AFTER THE 3 HOURS. BATTER SHOULD BE THE CONSISTENCY OF HEAVY WHIPPING CREAM. (UNWHIPPED, OF COURSE.) ~ FRY CRÊPES IN GOOD PAN USING LUBRICATION OF PEANUT OIL. FRY LIGHTLY ON BOTH SIDES AND STACK (MAY REQUIRE WAX PAPER BETWEEN EACH). MAY BE REFRIGERATED OR FROZEN.

~FILLINGS~

- FOR BREAKFAST — TRY FILLING WITH JAM AND DUST WITH POWDERED SUGAR.
- FOR LUNCH — TRY FILLING WITH CHICKEN AND MUSHROOMS.
- FOR DINNER - FILL WITH HOT FRESH ASPARAGUS AND WHITE SAUCE; OR FILL WITH ANY SAUTÉED VEGETABLE; OR FOLD A CRÊPE INTO A QUARTER AND STUFF ONE POCKET WITH SWISS CHEESE AND GENTLY FRY AGAIN IN BUTTER; OR FILL WITH LEFTOVERS SUCH AS STEW.
- FOR DESSERT — FILL WITH WHIPPING CREAM AND STRAWBERRIES; OR DIP CRÊPES INTO A SYRUP MADE OF THE GRATED PEEL OF ONE ORANGE FRIED FOR A MOMENT IN BUTTER. ADD THE JUICE FROM THE ORANGE AND ALLOW MOST OF THE MOISTURE TO EVAPORATE. ADD 3 OR 4 STIFF SHOTS OF BRANDY AND HEAT THOROUGHLY. DIP CRÊPES INTO SYRUP AND FOLD. DUST WITH POWDERED SUGAR.

THE CLASSIC OMELETTE

TO MAKE THE BASIC OMELETTE, HAVE 3 EGGS AT ROOM TEMPERATURE. HEAT A GOOD OMELETTE PAN ON THE STOVE AND ADD 1 TBL. BUTTER AND 1/2 TBL. PEANUT OIL. WHIP EGGS WITH FORK AND ADD 1 TBL. WATER. WHIP AGAIN. WHEN BUTTER IN PAN STOPS BUBBING, POUR IN EGGS AND ALLOW OMELETTE TO COOK. YOU MAY HAVE TO MOVE IT AROUND A BIT SO THAT THE LIQUID EGG ON THE TOP HAS A CHANCE TO COOK. PLACE FILLING ON ONE HALF OF THE OMELETTE, ADD SALT AND PEPPER. SLIDE OUT ONTO A PLATE AND FOLD OVER, USING PAN. NEVER WASH YOUR OMELETTE PAN IN SOAP. SIMPLY RINSE IT OUT WITH WATER.

POSSIBLE FILLINGS:

SAUTÉED MUSHROOMS

HAM AND SWISS CHEESE

SAUTÉED VEGETABLES
(SUCH AS GREEN ONIONS, GREEN PEPPERS, TOMATOES, BASIL OR OREGANO. SALT & PEPPER)

STRAWBERRY JAM AND SOUR CREAM
FOR A DESSERT OMELETTE

BROIL AN OMELETTE
WITH A LITTLE CHEESE SAUCE ON TOP

SHIRRED EGGS

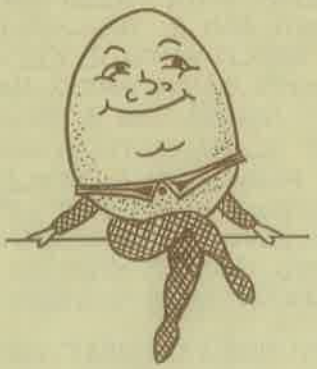
PUT A LITTLE MELTED BUTTER IN BOTTOM OF INDIVIDUAL OVENPROOF CASSEROLE. BREAK IN TWO EGGS. TOP WITH SALT AND PEPPER AND A LITTLE GRATED CHEESE. BAKE AT 325° UNTIL EGGS JUST BEGIN TO SET.

FRITTATA

(FROM ITALY)

WHIP THREE EGGS AND ADD 1 TBL WATER. WHIP AGAIN POUR IN HOT OMELETTE PAN OILED WITH BUTTER AND PEANUT OIL. WHEN EGGS BEGIN TO SET, TOP WITH THE FOLLOWING MIXTURE:

SLICE A ZUCCHINI SQUASH AND BLANCH FOR 5 MINUTES IN BOILING WATER. DRAIN. MIX 1 TBL. BREADCRUMBS WITH 2 TBL. MILK AND A LITTLE GRATED LEMON PEEL. BLEND WITH ZUCCHINI. TOP EGGS WITH THIS MIXTURE. ADD SALT AND PEPPER AND A LITTLE FRESHLY GRATED PARMESAN OR ROMANO CHEESE. PLACE UNDER A HOT BROILER UNTIL TOP BROWNS AND IS SET. SLICE AS PIE AND SERVE WITH SALAD.





CASSOULET

ONE POT FRENCH MEAL

(READ THIS ONE THROUGH TWICE BEFORE YOU BEGIN. IT'S NOT COMPLICATED, BUT YOU COULD GET LOST.)

CONSTRUCTION OF THE CASSOULET

- SOAK 2 LBS. OF WHITE BEANS OVERNIGHT IN PLENTY OF WATER. BROWN ONE CUT-UP FRYER IN THE OVEN ALONG WITH A POUND OR TWO OF PORK SPARERIBS CUT INTO EATING SIZE PIECES. BROWN THEM AT 350° UNTIL BARELY COOKED THROUGH.
- DRAIN THE BEANS AND PLACE IN A LARGE KETTLE WITH A METAL LID SO THAT IT CAN BE PLACED IN THE OVEN, OR USE A VERY LARGE CASSEROLE. COVER THE BEANS WITH FRESH WATER OR CHICKEN STOCK AND ADD 2 YELLOW ONIONS, PEELED AND STUCK WITH 2 CLOVES EACH. ADD 4 CARROTS, QUARTERED, AND 2 CLOVES OF GARLIC, CRUSHED. TIE A POUND PIECE OF LAMB BREAST ALONG WITH A POUND OF FAT-BACK OR SALT PORK INTO A LITTLE BUNDLE. SIMPLY USE STRING AND TIE IT UP! PLACE IN THE POT WITH THE BEANS AND VEGETABLES. COOK THE BEANS AND GOODIES GENTLY UNTIL THE BEANS ARE ABOUT HALF COOKED. THIS WILL

CONTINUED ON NEXT PAGE

CASSOULET

CONTINUED

TAKE ABOUT AN HOUR OR SO ONCE THEY BEGIN TO BOIL GENTLY.

- IN ANOTHER FRYING PAN, MELT A LITTLE BUTTER. ADD A LITTLE PEANUT OIL AND SAUTÉ 3 CUPS FINELY CHOPPED YELLOW ONIONS AND 1 TSP. CRUSHED GARLIC FOR ABOUT 4 MINUTES. ADD 1 CUP TOMATO PURÉE TO PAN AND A LITTLE SALT AND PEPPER. SET ASIDE..... WHEN BEANS ARE HALF DONE (THE HOUR MENTIONED ABOVE), REMOVE THE LAMB AND FATBACK FROM THE POT AND CUT UP INTO BITE-SIZE PIECES. ADD TO THE FRYING PAN MIXTURE ABOVE. MIX AND COOK FOR A MOMENT.
- TO THE POT OF BEANS AND VEGETABLES, WE NOW ADD THE CUT-UP, COOKED CHICKEN, THE CUT-UP SPARERIBS, AND A CUT-UP POLISH SAUSAGE. SIMMER FOR ANOTHER 30 MINUTES.
- NOW WE ARE READY!
- REMOVE EVERYTHING FROM THE BIG POT IF YOU ARE GOING TO BAKE IN IT — OR GET A LARGE CASSEROLE. PLACE A LAYER OF THE BEANS AND VEGETABLES IN THE BOTTOM OF THE CASSEROLE AND THEN ADD A LAYER OF THE MEATS, THEN A LAYER OF THE TOMATO SAUCE AND THEN ANOTHER LAYER OF BEANS. CONTINUE THIS UNTIL ALL IS IN THE CASSEROLE AND COVER THE TOP WITH A PIECE OF BUTTERED WAX PAPER AND PLACE THE LID ON THE CASSEROLE. PLACE IN A 350° OVEN FOR ABOUT 1 1/2 HOURS, ADDING A LITTLE MORE STOCK OR WATER IF NEEDED. SERVE ON LARGE PLATES WITH A GREEN SALAD ON THE SIDE. DELICIOUS!!!

◦CHICKEN & LENTIL CASSOULET◦

(CHEAP AND YUMMY VERSION!)

◦SOAK 2 CUPS OF LENTILS IN 8 CUPS OF WATER FOR 5-6 HOURS. ◦PLACE LENTILS AND WATER IN A POT AND ADD A LITTLE SALT, 2 CHOPPED CLOVES OF GARLIC, AND A BAY LEAF. SIMMER UNTIL TENDER (ABOUT AN HOUR). PLACE AN ENTIRE FRYING CHICKEN, CUT UP AND PAN BROWNED, IN A CASSEROLE, AND POUR THE LENTIL MIXTURE OVER THE CHICKEN. YOU MAY NEED TO ADD A LITTLE MORE CHICKEN BROTH TO THIS DISH WHILE IT BAKES AT 350° UNTIL THE CHICKEN IS TENDER.

PASTITSO

THIS IS GREEK LASAGNE. IT IS MADE WITH BÉCHAMEL (WHITE SAUCE). ——— SAUTÉ 2 LBS. OF GOOD HAMBURGER ALONG WITH 1 LARGE YELLOW ONION, CHOPPED. WHEN ALMOST DONE, ADD A SMALL HANDFUL CHOPPED PARSLEY, A CLOVE OF CRUSHED GARLIC, 1/2 TSP. OF CINNAMON, ONE 8 OZ. CAN OF TOMATO SAUCE, AND 1/2 CUP WHITE WINE. LET THIS COOK TOGETHER GENTLY FOR 30 MINUTES. MEANWHILE, BOIL 1 LB. LASAGNE NOODLES UNTIL NOT QUITE TENDER. DRAIN AND SOAK IN COLD WATER. WHEN SAUCE IS DONE, DRAIN COLD NOODLES AND PLACE IN A LARGE BOWL. ADD A STICK OF MELTED BUTTER, 3 BEATEN EGGS, AND A HANDFUL OF PARMESAN CHEESE. TOSS THE NOODLES AND PLACE HALF OF THIS MIXTURE IN A BUTTERED BAKING DISH. ADD THE MEAT SAUCE. ADD THE REST OF THE NOODLES ON TOP AND COVER WITH 4 CUPS OF BÉCHAMEL SAUCE. TOP WITH MORE GRATED CHEESE AND BAKE AT 350° FOR ABOUT AN HOUR OR SO, UNTIL THE TOP IS BUBBLY AND NICE!

BÉCHAMEL SAUCE

HEAT 4 CUPS MILK. MELT 1/2 CUP BUTTER AND STIR IN 6 TBLS. FLOUR. STIR THE FLOUR AND BUTTER INTO THE HOT MILK AND CONTINUE STIRRING, UNTIL THICK. ADD SALT AND PEPPER AND FOR THE ABOVE DISH, A PINCH OR 2 OF CINNAMON.

BULGAR WHEAT

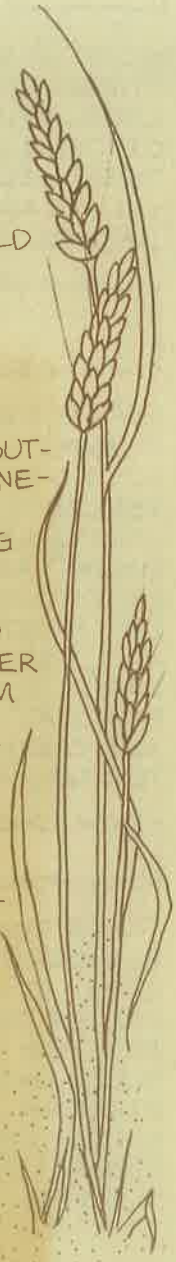
BROWN 2 CUPS OF BULGAR WHEAT IN A FRYING PAN IN A LITTLE OLIVE OIL AND BUTTER. ADD SEVERAL CHOPPED GREEN ONIONS AND COOK FOR ANOTHER MOMENT. PLACE IN A PAN WITH 4 CUPS CHICKEN BROTH (YOU MAY USE INSTANT CHICKEN BROTH). SEASON WITH A LITTLE SALT AND PEPPER AND A LITTLE OREGANO. SIMMER FOR ABOUT 20 MINUTES JUST AS YOU WOULD RICE. SAUTÉED MUSHROOMS ADDED TO THIS DISH IS VERY GOOD. SERVE IN PLACE OF THE BULK AND BOREDOM OF POTATOES!

RICE AND NOODLE PILAFF

BROWN A PACKAGE OF THIN, FLAT, DRIED CHINESE EGG NOODLES IN OLIVE OIL AND BUTTER. BREAK THEM UP BEFOREHAND INTO ONE-INCH PIECES. WHEN THEY ARE LIGHTLY BROWNED, ADD THEM TO A POT CONTAINING 2 CUPS OF WASHED CHINESE LONG GRAIN RICE OR TEXAS LONG GRAIN AND 4 CUPS WATER. BRING TO A BOIL WITHOUT LID, AND THEN COVER AND MOVE TO ANOTHER BURNER THAT YOU HAVE ALREADY HEATED TO WARM OR VERY LOW. COOK IN THIS WAY FOR 20 MINUTES AND YOU WILL HAVE PERFECT MIDDLE EASTERN PILAFF. ADD SALT.

BAKED BARLEY CASSEROLE

BROWN 1 CUP BARLEY IN A LITTLE BUTTER AND OLIVE OR PEANUT OIL. PLACE IN CASSEROLE. BROWN 2 OR 3 CHOPPED YELLOW ONIONS IN BUTTER AND ADD THEM TO THE BARLEY. ADD SALT & PEPPER. ADD 3 CUPS CHICKEN OR BEEF BROTH AND PLACE IN 350° OVEN UNTIL MOISTURE IS ALMOST ABSORBED. THIS WILL TAKE ABOUT AN HOUR OR LONGER. ADD ANOTHER 3 CUPS OF BROTH AND COOK UNTIL ABSORBED. YES, THAT IS RIGHT! ONE CUP BARLEY TO 6 CUPS BROTH. A GREAT AND INEXPENSIVE DISH!!



ESAU'S POTTAGE

SOAK 2 CUPS LENTILS IN A QUART OF WATER FOR THREE HOURS. PLACE ALL IN A POT AND SIMMER UNTIL BARELY TENDER, ABOUT AN HOUR. ADD 4 CHICKEN BOUILLON CUBES, SALT, ONE CUP SAUTÉED YELLOW ONIONS AND 3 TBS. SESAME OIL. PLACE ALL OF THIS IN A BAKING CASSEROLE AND BAKE AT 325° FOR ABOUT ONE HOUR.

BOSTON BAKED BEANS

(FROM DURGAN-PARK IN BOSTON....)

SOAK 2 LBS. OF WHITE BEANS OVERNIGHT. COOK BEANS IN AMPLE WATER WITH 1 TSP. BAKING SODA. SIMMER FOR 10 MINUTES. DRAIN AND RINSE. PLACE LARGE PEELED ONION IN BOTTOM OF 3 QT. OVEN CASSEROLE. ADD 1/2 LB. CHOPPED BACON OR FATBACK (I PREFER BACON.) ADD BEANS. ADD 1/2 LB. BACON OR FATBACK TO TOP. MIX 8 TBS. SUGAR, 2/3 CUP MOLASSES, 2 TSP. DRY MUSTARD, 4 TSP. SALT, 1/2 TSP. PEPPER. POUR THIS OVER THE BEANS AND ADD ENOUGH WATER TO BARELY COVER. DO NOT STIR. BAKE 6 HOURS, COVERED, AT 300°. AFTER A COUPLE OF HOURS STIR AND CHECK BEANS. MAY HAVE TO ADD A BIT OF WATER NOW AND THEN. DON'T MAKE THEM TOO WET.

PASTA AL PESTO

PLACE TWO BIG HANDFULS OF FRESH BASIL IN A BLENDER. (DON'T BOTHER TRYING THIS WITH DRIED BASIL. IT WON'T WORK.) ADD 1/2 CUP OLIVE OIL, 2 CLOVES GARLIC, 6 SPRIGS PARSLEY, SALT AND PEPPER, AND 1/4 CUP PINENUTS, WALNUTS, OR ALMONDS. BLEND UNTIL ALL CHOPPED VERY FINE. REMOVE FROM BLENDER AND ADD 1/2 CUP FRESHLY GRATED PARMESAN OR ROMANO CHEESE. TOSS A LITTLE OF THIS GREAT SAUCE WITH HOT THIN SPAGHETTI AND TOP WITH A LITTLE MORE CHEESE. SUPERB!

YOUR OWN FRESH PASTA OR NOODLES

PLACE 2 CUPS FLOUR IN A LARGE BOWL AND MAKE A WELL IN THE FLOUR. ADD 2 WHOLE EGGS AND 2 TBS. OLIVE OIL. PINCH, PINCH, PINCH UNTIL THE FLOUR IS BLENDED WITH OIL AND EGGS. YOU MAY HAVE TO ADD A COUPLE OF TBS. WATER TO GET A VERY FIRM DOUGH. KNEAD ON A TABLE UNTIL ELASTIC AND SMOOTH. ROLL OUT AND CUT IN DESIRED SHAPE.

CANNELLONI

TO MAKE THE NOODLES: PLACE THREE EGGS IN BLENDER. ADD 1 CUP WATER, 1 CUP FLOUR, AND A LITTLE SALT. BLEND UNTIL SMOOTH. PLACE 2 OR 3 TBS. OF BATTER IN HEATED CREPE OR OMELETTE PAN THAT HAS BEEN OILED WITH PEANUT OIL. COOK ON ONE SIDE ONLY UNTIL DRY ON THE TOP. THESE SHOULD NOT BE AT ALL BROWN OR TOO DRY, SO PAN SHOULD NOT BE TOO HOT. SEPARATE THE COOKED NOODLES WITH WAX PAPER.

FILLING: DRAIN ONE POUND SMALL CURD COTTAGE CHEESE. MIX WITH ONE EGG, CHOPPED PARSLEY, SALT AND PEPPER, AND SOME FRESHLY GRATED PARMESAN OR ROMANO CHEESE.

TO ROLL: LAY OUT NOODLES WITH UNCOOKED SIDE UP. PLACE FILLING IN NOODLE AS IF ROLLING A BURRITO. ROLL UP AND PLACE SEAM SIDE DOWN ON OILED BAKING SHEET. SPOON SOME OF MY TOMATO SAUCE (PAGE 12) ON TOP ALONG WITH A LITTLE GRATED CHEESE. BAKE AT 350° FOR ABOUT 15 MINUTES.

PASTA CARBONARA

MY FAVORITE PASTA DISH

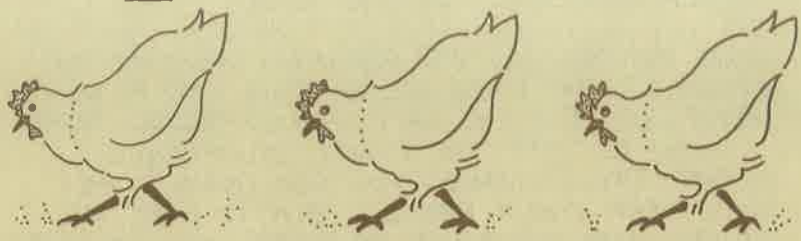
CUT 1/4 POUND BACON UP INTO LITTLE PIECES AND COOK UNTIL CLEAR IN A CUBE OF BUTTER. HEAT 1/3 CUP MILK IN A SMALL SAUCEPAN AND ADD THE BACON AND BUTTER. ADD 2 TBS. WINE VINEGAR. THIS WILL TURN THE MILK TO CHEESE. SIMMER FOR ABOUT 15 MINUTES UNTIL THE SAUCE COOKS SMOOTH.

BOIL YOUR FAVORITE PASTA AL DENTE. DRAIN AND RETURN TO THE PAN. IMMEDIATELY THROW IN TWO WHIPPED EGGS, THE ABOVE SAUCE, AND 1/3 CUP FRESHLY GRATED PARMESAN OR ROMANO CHEESE. SALT AND PEPPER, TOSS AND SERVE.

"DO NOT ATTEMPT TO FEED YOUR FAMILY AS WELL AS YOU DO YOUR GUESTS. ONE SHOULD STRIVE TO FEED GUESTS AS WELL AS ONE'S FAMILY."

-PATTY SMITH

POULTRY



THE FOLLOWING RECIPE WAS OFFERED ON OUR SERIES OF SHOWS SIMPLY AS A FORM OF CONFESSION.... I REALLY DO LOVE TO COOK OUTLANDISH AND EXPENSIVE DISHES IN WILDLY EXPENSIVE EQUIPMENT. IT IS GREAT FUN, AND THE CONFESSION THAT I OFFER IS THAT I AM ONLY FRUGAL ON WEEKDAYS. WEEKENDS ARE SOMETHING ELSE!

FRENCH PRESSED DUCK

THE DEVICE YOU NEED FOR THIS DISH IS BEAUTIFUL, AND WILL COST ANYWHERE FROM $300 TO $500! ARE YOU STILL WITH ME? GOOD, WE MAY GO ON.

ROAST A DUCK IN A HOT OVEN (ABOUT 400°) FOR 20 MINUTES. HE SHOULD BEGIN TO BARELY BROWN. REMOVE THE DUCK FROM THE OVEN AND SLICE THE MEAT FROM THE BREAST AND RESERVE. REMOVE THE LEGS, WHICH WILL BE LATER BROILED A BIT WITH SOME BUTTER AND A TINY BIT OF GROUND CLOVE. . CUT THE WHOLE OF THE REST OF THE DUCK UP INTO PIECES AND PLACE IN A FRENCH DUCK PRESS. POUR OVER THIS, 1 GLASS OF RED WINE AND TIGHTEN THE PRESS UNTIL YOU EXTRACT EVERY BIT OF JUICE FROM THE DUCK. ALL OF THIS CAN BE DONE AT THE TABLE IF YOU HAVE A FANCY PRESS.

REDUCE ANOTHER 1/2 CUP OF RED WINE IN A CHAFING DISH AT THE TABLE. REDUCE IT TO ALMOST NOTHING. PLACE THE DUCK MEAT IN THE CHAFING DISH. MIX 2 TBL. BRANDY WITH THE EXTRACT ALONG WITH A LITTLE BUTTER (MELTED) AND POUR THIS OVER THE DUCK. BE SURE TO ADD

(NEXT PAGE, PLEASE)

FRENCH PRESSED DUCK (CONTINUED)

SOME BUTTER TO THE REDUCED WINE IN THE CHAFING DISH. COOK ALL OF THIS FOR A MOMENT AND TEST FOR SALT. ADD IF NEEDED - SERVE!

HOW IS THAT FOR FANCY STUFF? (YOU MIGHT TRY TO MAKE THIS DISH USING A POTATO RICER FOR A PRESS... BUT IT MUST BE STURDY, AND YOU MUST SQUEEZE UNTIL YOU HURT!

SESAME CHICKEN

(FROM ISRAEL)

BLEND TOGETHER IN A LARGE BOWL, 1 CUP FLOUR AND ONE CUP SESAME SEEDS, ALONG WITH 2 TBS. OF GOOD PAPRIKA AND A LITTLE SALT. COAT CHICKEN THIGHS IN THIS MIXTURE AND THEN DIP THE THIGHS IN MIXTURE OF 2 WHIPPED EGGS AND 1/2 CUP CHICKEN BROTH. THEN - BACK INTO THE FLOUR AGAIN. YOU MAY THEN BROWN THESE LIGHTLY IN A FRYING PAN AND THEN FINISH IN THE OVEN, OR YOU MAY SIMPLY BAKE THEM AT 350° FOR ABOUT 30 MINUTES.

ROAST CHICKEN AND PARSLEY

(FROM ITALY)

WASH AND DRY THE CHICKEN, SALT AND PEPPER INSIDE AND OUT. RUB THE BIRD WITH A DRESSING MADE OF 1/2 CUP OLIVE OIL, 1/4 CUP LEMON JUICE, AND A TEASPOON OF GROUND THYME. RUB THE BIRD WELL WITH THIS, INSIDE AND OUT. STUFF THE BIRD LOOSELY WITH FRESH PARSLEY AND BAKE UNCOVERED IN A MODERATE OVEN UNTIL DONE, ABOUT 1 1/2 HOURS OR LESS.

CHICKEN WITH ROSEMARY

(FROM ITALY)

BROWN 3 SLICES OF CHOPPED BACON UNTIL BARELY CRISP AND POUR OFF THE FAT. REMOVE- ADD A LITTLE BUTTER AND OLIVE OIL TO THE PAN AND BROWN THE CHICKEN PIECES OR JUST CHICKEN THIGHS FOR A MORE ELEGANT DINNER. ADD A LITTLE SALT AND PEPPER AND A CLOVE OR TWO OF CRUSHED GARLIC TO THE PAN WHEN THE CHICKEN IS ALMOST BROWN. WHEN BROWN, ADD 1/2 CUP OF WHITE WINE TO THE PAN AND 1/2 TSP. OF ROSEMARY OR, IF FRESH, TWICE THAT AMOUNT. ADD BACON, COVER AND COOK FOR 15 MINS. THEN ADD 2 TSP. TOMATO PASTE MIXED WITH 1/2 CUP CHICKEN BROTH. COVER AND COOK UNTIL THE CHICKEN IS TENDER - ABOUT 30 MINS. OR MORE!

GAME HENS WITH LEBANESE DRESSING

SAUTÉ A CHOPPED YELLOW ONION IN A LITTLE BUTTER AND THEN ADD ONE CUP RICE. SAUTÉ UNTIL BARELY GOLDEN BROWN. COOK RICE WITH TWO CUPS WATER, A FEW PINE NUTS, AND A DASH OF CINNAMON, ALLSPICE, AND SALT. STUFF A GAME HEN WITH THIS COOKED MIX- TURE AND BAKE FOR 45 MINUTES AT ABOUT 325° SERVE SPLIT IN HALF.

DUCK WITH CURRY AND HONEY

RINSE A FROZEN DUCK AND PAT DRY. SALT AND PEPPER THE DUCK, INSIDE AND OUT. PLACE ONE PEELED YELLOW ONION STUCK WITH TWO CLOVES IN CAVITY. ROAST DUCK AT 325° FOR ONE HOUR. THEN, BEGIN BASTING DUCK EVERY TEN MINUTES WITH A MIXTURE OF 4 TBS. HONEY AND 1 1/2 TBS. CURRY POWDER. THE DUCK SHOULD COOK FOR A TOTAL OF 1 1/2 HOURS. CUT INTO LARGE CHUNKS AND SERVE.

• LOOED CHICKEN WINGS •
(FROM CHINA)

BRING TO A BOIL THE FOLLOWING: 2 CUPS WATER, 2 CUPS DARK SOY SAUCE, 1/2 CUP DRY SHERRY, 5 SLICES OF FRESH GINGER ABOUT THE SIZE OF A QUARTER, 2 STAR ANISE FLOWERS (FROM YOUR CHINESE MARKET), AND 1 TABLESPOON OF SUGAR. SIMMER AS MANY CHICKEN WINGS AS YOU WISH IN THIS FLUID FOR ABOUT 20 MINUTES. COOL IN THE LIQUID. SERVE COLD WITH A LITTLE SESAME OIL ON TOP OF THE WINGS. DO NOT THROW OUT THE LOOING SAUCE AS IT CAN BE USED AGAIN AND AGAIN BY SIMPLY ADDING A LITTLE MORE OF THE FLAVORS YOU WISH. REFRIGERATE!

• SESAME CHICKEN CHINESE STYLE •

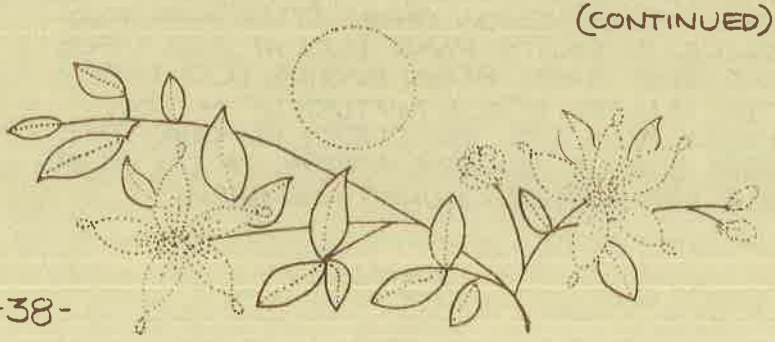
CUT 10 CHICKEN THIGHS IN HALF, ACROSS THE BONE. MARINATE FOR ONE HOUR IN 3 TBS. LIGHT SOY SAUCE, 2 TBS. SHERRY, A LITTLE GRATED GINGER, AND ENOUGH CORNSTARCH TO MAKE A THICK SAUCE. ADD 4 TBS. RAW SESAME SEEDS. DEEP FRY PIECES IN PEANUT OIL AT 375° UNTIL LIGHT BROWN.

• MY COUSIN DAVID'S HOT SZECHWAN CHICKEN •

DEBONE 4 CHICKEN BREASTS AND CUT UP INTO SMALL PIECES. MARINATE IN 2 TBS. LIGHT SOY SAUCE, 1 TBS. DRY SHERRY, AND 1 TBS. CORNSTARCH.

REMOVE THE SEEDS FROM SIX DRIED RED PEPPERS. CUT UP INTO SMALL PIECES.

(CONTINUED)



HOT SZECHWAN CHICKEN (FROM PAGE 38)

PREPARE A SAUCE OF: 2 TBS. SHERRY, 2 TBS. DARK SOY, 1/2 TSP. MSG, 2 TSP. BROWN SUGAR, 1 TBS. SESAME OIL, 1 TSP. WORCESTERSHIRE SAUCE, 1 TBS. WATER, 1 TBS. CORNSTARCH. MIX AND SET ASIDE.

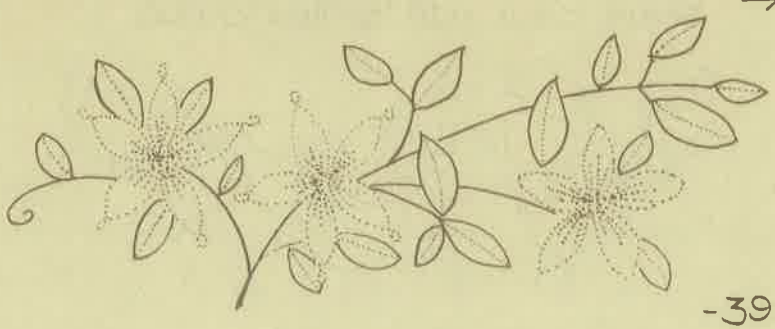
NOW PLACE 3 TBS. PEANUT OIL IN HOT FRYING PAN OR WOK AND ADD PEPPER PIECES. COOK FOR 15 SECONDS. ADD CHICKEN, MARINADE AND ALL, AND COOK OVER HIGH HEAT, STIRRING CONSTANTLY FOR 10 MINUTES. ADD SAUCE MIX AND COOK UNTIL IT THICKENS. TOP WITH CHOPPED GREEN ONIONS AND CHOPPED TOASTED PEANUTS.

• CHINESE BOILED CHICKEN WITH ONIONS • (CHOW YOW GAI)

READ THESE INSTRUCTIONS CAREFULLY. THIS DISH IS SO SIMPLE THAT YOU WILL THINK THE INSTRUCTIONS ARE INCORRECT.

FILL A LARGE KETTLE WITH WATER AND BRING TO A BOIL. PLACE ONE WHOLE, CLEANED CHICKEN INTO THE BOILING WATER. WHEN THE WATER STOPS BOILING TAKE THE CHICKEN OUT. COVER THE POT AND WHEN THE WATER BOILS AGAIN, PLACE THE CHICKEN BACK IN THE POT. COVER. TURN OFF THE BURNER. LEAVE THE BIRD IN THE POT AND THE POT ON THE BURNER. AFTER ONE HOUR THE CHICKEN IS DONE. REMOVE AND COOL.

DEBONE THE CHICKEN AND TEAR THE MEAT INTO SMALL STRIPS. PLACE ON A LARGE PLATTER. CLEAN 2 BUNCHES OF GREEN ONIONS AND SPLIT →



CHOW YOW GAI (FROM PREVIOUS PAGE)

EACH ONION DOWN THE MIDDLE. THEN CUT UP INTO 1/2 INCH PIECES. PLACE OVER THE MOUND OF CHICKEN. ADD 1 TBS. SOY SAUCE AND 1 TBS. SESAME OIL TO THE CHICKEN. POUR 2 TBS. SALT OVER THE TOP OF THE ONIONS. WHEN READY TO SERVE POUR 1/2 CUP SMOKING HOT PEANUT OIL OVER THE ONIONS AND CHICKEN. TOSS LIKE A SALAD. SERVE. THIS IS ONE OF THE GREATEST CHICKEN DISHES I KNOW.

COLD CHICKEN SALAD (HUNAN REGION OF CHINA)

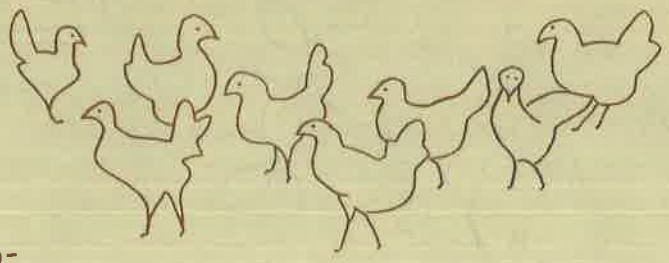
SOAK 4 OUNCES SAI FOON NOODLES (CELLOPHANE NOODLES) IN WATER FOR ONE HOUR. SIMMER IN CHICKEN BROTH FOR 10 MINUTES UNTIL TENDER. DRAIN AND COOL.

PREPARE PEANUT SAUCE: MIX 3 TBS. SMOOTH PEANUT BUTTER WITH ENOUGH HOT WATER TO MAKE A CREAM-LIKE CONSISTENCY. ADD 2 TBS. SOY SAUCE, 1 TBS. SESAME OIL, AND A SHOT OF TABASCO OR CHINESE PEPPER SAUCE.

CUT UP ONE LARGE CUCUMBER INTO LITTLE STICKS. CUT SLICES FIRST AND THEN SHRED. MARINATE IN 1 TBS. SOY SAUCE, 1 TSP. BROWN SUGAR, 1/4 TSP. MSG, 1 TBS. SESAME OIL AND 3 TBS. RICE WINE VINEGAR.

TO SERVE: TOSS COLD NOODLES WITH PEANUT SAUCE. TOP WITH COLD, COOKED, CUT-UP CHICKEN. TOP THAT WITH CUCUMBER STICKS.

SERVE COLD AND GATHER CHEERS.





BEEF IN BURGUNDY

THERE ARE A GREAT MANY WINES THAT CAN ADD JOY AND COLOR TO THE FRUGAL TABLE. CHOOSE THEM CAREFULLY AND YOU WILL FIND THAT IT IS MUCH CHEAPER TO ENTERTAIN WITH WINE THAN WITH ANY KIND OF HARD SPIRITS.

COOKING WITH WINE IS COMMON THROUGHOUT OLD EUROPE. I OFTEN TELL MY COOKING STUDENTS THAT ONE SHOULD NEVER ADD WATER TO A DISH... STOCK, PERHAPS, AND OFTEN WINE, BUT NEVER WATER. WINE HAS A CLEANSING ABILITY AND A LITTLE DRY SHERRY WILL GREATLY CLEAN A SAUCE OR GRAVY THAT TASTES TOO MUCH OF OIL OR FAT.

BEEF IN BURGUNDY IS A CLASSIC DISH FROM FRANCE. CUT UP SEVERAL PIECES OF BACON INTO LITTLE STRIPS AND BLANCH THEM WITH BOILING WATER. FRY GENTLY, BEING CAREFUL NOT TO BURN THEM OR DARKEN THE FAT.

REMOVE THEM FROM THE PAN AND IN THE FAT, BROWN ABOUT 3 LBS. OF GOOD STEWING MEAT (BEEF). YOU MAY WISH TO ADD A LITTLE OLIVE OR PEANUT OIL TO THE PAN. NOTE THAT WE DO NOT FLOUR THE MEAT BEFORE BROWNING. BROWN THE MEAT CAREFULLY AND RAPIDLY SO THAT IT IS A LOVELY DEEP BROWN ON ALL SIDES. PLACE IN A LARGE COVERED OVEN-PROOF CASSEROLE (4 QT. SIZE).

ADD 3 OR 4 CUPS OF BURGUNDY OR MOUNTAIN RED WINE (DRY) AND ABOUT 2

(PLEASE GO ON TO NEXT PAGE)

BEEF IN BURGUNDY (FROM PREVIOUS PAGE)

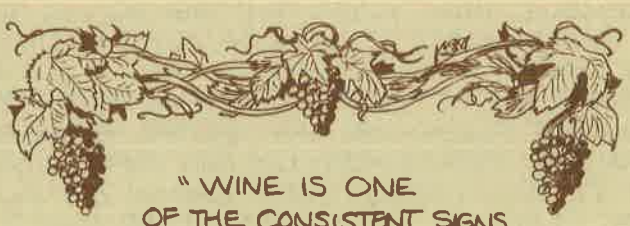
CUPS OF YOUR OWN HOMEMADE BEEF STOCK (SEE EARLIER RECIPES). ADD 2 TBS. OF TOMATO PASTE, 3 CLOVES OF CRUSHED GARLIC, A PINCH OF THYME, A BAY LEAF AND A LITTLE SALT. CAREFUL WITH THE SALT. TASTE FIRST.

DEGLAZE YOUR FRYING PAN BY PUTTING IT BACK ON THE HEAT FOR A MOMENT AFTER YOU HAVE REMOVED THE BEEF. WHEN SLIGHTLY HOT, ADD A STIFF SHOT OF RED WINE AND MOVE IT AROUND WITH A WOODEN SPOON. ADD THIS BEAUTIFUL DARK LIQUID TO THE CASSEROLE.

BAKE THE CASSEROLE IN A 350° OVEN FOR 2 OR 3 HOURS. YOU MAY ALSO COOK THIS IN A HEAVY KETTLE ON THE TOP OF THE STOVE. WHEN BEEF IS TENDER, ADD A POUND OF FRESH MUSHROOMS BROWNED IN BUTTER AND 2 OR 3 YELLOW ONIONS, CHOPPED AND BROWNED IN BUTTER AS WELL.

LET ALL COOK TOGETHER FOR 20 MINUTES AND THEN THICKEN THE WHOLE WITH A ROUX, OR A PASTE MADE OF MELTED BUTTER MIXED WITH FLOUR.

SERVE THIS DISH WITH MUCH TOO MUCH WINE FOR YOUR GUESTS, ALONG WITH SOME COOKED GREEN VEGETABLES AND A HUGE SALAD. YOU WILL BE FAMOUS IN A-BOUT ONE HALF-HOUR.



"WINE IS ONE
OF THE CONSISTENT SIGNS
THAT GOD LOVES US
AND WANTS TO SEE US HAPPY"

- BEN FRANKLIN

BRAGOLIO

(FROM MY WIFE'S ITALIAN AUNT SUZY IN BROOKLYN)

PLACE A FLANK STEAK ON A BOARD AND POUND WITH A WOODEN MALLET TO TENDERIZE. CRUSH 2 CLOVES OF GARLIC IN A GARLIC PRESS AND PLACE THE GARLIC ON THE MEAT. ADD A TABLESPOON OF OLIVE OIL AND RUB THE GARLIC AND OIL INTO THE MEAT. ADD SALT AND PEPPER. ARRANGE 2 SLICED HARDBOILED EGGS ON THE MEAT AND ADD A HANDFUL OF CHOPPED PARSLEY. ADD 1/2 CUP COARSELY GRATED SWISS CHEESE AND 3 TSP. OF GRATED PARMESAN CHEESE. ROLL THIS WHOLE UP LIKE A JELLY ROLL, AND THE SLICES MUST CUT ACROSS THE GRAIN OF THE MEAT. BROWN THE ROLL IN A LITTLE PEANUT OIL AND PLACE IN AN OVEN-PROOF DISH. ADD 2 CUPS TOMATO SAUCE (SEE PREVIOUS RECIPE) AND BAKE, COVERED, AT 325° ABOUT 1 1/2 HOURS. SLICE AND SERVE WITH TOMATO SAUCE.

OXTAIL STEW WITH BREAD FOR SOPPING

THIS IS A FINE DISH. BROWN 4 LBS. OF OX-TAIL IN A HOT PAN WITH A LITTLE PEANUT OIL. WHEN A GOOD DARK BROWN, REMOVE FROM PAN AND PLACE IN OVEN-PROOF CASSEROLE. IN FIRST PAN, SAUTÉ 4 CHOPPED CARROTS, 2 PEELED AND DICED TURNIPS (BIG PIECES) 4 STALKS OF CELERY CHOPPED IN LARGE PIECES, AND 2 YELLOW ONIONS, CUT UP AS WELL. WHEN A LITTLE BROWN, ADD TO THE OXTAILS AND ADD 3 CUPS OF OUR BROWN STOCK (SEE PREVIOUS RECIPES), A CUP OF RED WINE, 2 CRUSHED BAY LEAVES, 1 TSP. GROUND THYME, A FISTFUL OF CHOPPED PARSLEY, AND SALT AND PEPPER. SIMMER FOR 2 1/2 HOURS, OR UNTIL MEAT IS VERY TENDER. YOU MAY THICKEN WITH A ROUX. SERVE WITH BEER AND BREAD TO SOP!

MING'S OYSTER BEEF
(CHINESE)



SLICE A FLANK STEAK ACROSS THE GRAIN INTO THIN PIECES. MARINATE IN 2 TBS. LIGHT SOY SAUCE, 1 TBS. DRY SHERRY, AND A LITTLE GRATED GINGER. ADD 3 OR 4 TBS. CHINESE OYSTER SAUCE (AVAILABLE IN CHINESE MARKETS OR GOOD DELICATESSENS). STIR FRY THE MEAT VERY QUICKLY IN HOT PAN. IT WILL MAKE ITS OWN GRAVY.

YOUVARLAKIA
(GREEK MEATBALLS)



SIMPLE AND DELICIOUS. MIX 1 1/2 LBS. HAMBURGER WITH 1 CUP UNCOOKED RICE, 1 TBS. CHOPPED YELLOW ONION, 2 TBS. CHOPPED PARSLEY, 1/2 TBS. DRY DILL, AND ONE EGG. MIX AND MOLD INTO SMALL MEATBALLS.

IN A LARGE FRYING PAN PLACE 2 CUPS TOMATO JUICE, AND 4 CUPS WATER. BRING TO A HEAVY SIMMER AND ADD 2 TBS. BUTTER. GENTLY DROP MEATBALLS INTO THIS SAUCE AND SIMMER FOR 45 MIN

HOT BEEF SHREDS
(CHUN KING REGION OF CHINA)



SLICE ONE BEEF FLANK STEAK, ACROSS THE GRAIN, INTO THIN SLICES. MARINATE IN 3 TBS. SOY SAUCE, 2 TBS. DRY SHERRY, AND 1/2 TSP. FRESH GRATED GINGER. THIN SLICE 3 CARROTS AND 5 STALKS CELERY. SET ASIDE.

FRY OR CHOW DRAINED BEEF IN 4 TBS. PEANUT OIL IN VERY HOT PAN. DRAIN AND REMOVE FROM PAN OR WOK. SAUTÉ CARROTS, CELERY, AND A CLOVE OF MASHED GARLIC IN A LITTLE PEANUT OIL. ADD SALT, MSG, AND A STIFF SHOT OF TABASCO OR CHINESE PEPPER SAUCE. ADD COOKED BEEF SHREDS. ADD 1/4 CUP BEEF BROTH AND A LITTLE CORN STARCH MIXED IN WATER TO THICKEN.

TRIPE FLORENTINE (ITALY)

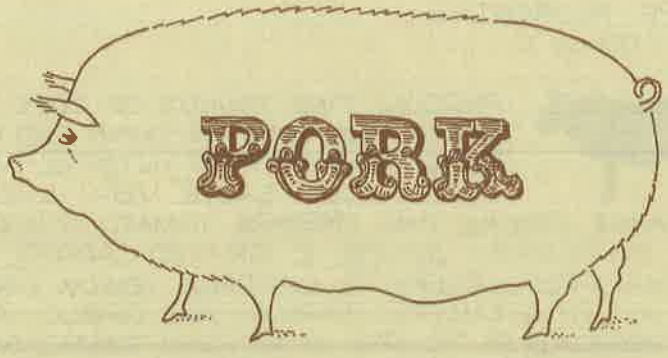


PARBOIL TWO POUNDS OF TRIPE FOR ABOUT 30 MINUTES. DRAIN AND COOL. SLICE UP THE TRIPE INTO 1/2 INCH WIDE PIECES. SAUTÉ VERY QUICKLY IN LARGE FRYING PAN. PREPARE TOMATO SAUCE OF THE FOLLOWING: SAUTÉ 2 GRATED CARROTS, 1/2 CUP CHOPPED CELERY, 1 CHOPPED YELLOW ONION, AND A LITTLE CHOPPED PARSLEY AND GARLIC. ADD THE VEGETABLES TO ONE 8 OZ. CAN TOMATO SAUCE. ADD 1/2 CUP BEEF STOCK (PAGE 3) AND 1/2 CUP DRY RED WINE. ADD 1 TSP. OREGANO, ONE CRUSHED BAY LEAF, AND 1/2 TSP. BASIL, SALT AND PEPPER, AND A COUPLE OF PIECES OF LEMON PEEL ABOUT 1 INCH LONG EACH. SIMMER SAUCE FOR A FEW MINUTES AND THEN ADD TRIPE. MAY BE COOKED ON TOP OF STOVE, COVERED, FOR 1 1/2 HOURS OR UNTIL TENDER. YOU MAY ALSO BAKE IN MODERATE OVEN. WHEN READY TO SERVE, ADD A LITTLE FRESHLY GRATED PARMESAN OR ROMANO CHEESE. SERVE WITH PASTA.

DEEP FRIED LIVER



I KNOW MY MOTHER WILL STILL NOT UNDERSTAND ME, BUT THE ONLY WAY I CAN STAND LIVER IS COOKED IN THE FOLLOWING WAY: CUT THE FRESH LIVER INTO STRIPS, ABOUT 1/4 INCH WIDE. DIP IN EGG WHIPPED WITH A TINY BIT OF WATER, AND THEN DREDGE IN FARINA (CAN BE PURCHASED IN LOCAL SUPERMARKET). DEEP FRY AT 350° IN THE OIL UNTIL BARELY BROWN. SET OUT ASSORTMENT OF MAYONNAISE AND DIP THE LIVER STICKS INTO ANY OF YOUR CHOICE. DILLED, CURRIED, OR ONION AND PARSLEY MAYONNAISE ARE ONLY THE BEGINNING!



CHINESE PORK

NORTHERN STYLE

DEBONE TWO PORK STEAKS AND CUT UP INTO SMALL CUBES. MARINATE IN 2 TBS. LIGHT SOY, 1 TBS. DRY SHERRY, AND A BIT OF GRATED FRESH GINGER. IN THE MEANTIME CHOP UP ONE YELLOW ONION, 2 STALKS CELERY, AND COARSELY GRATE TWO CARROTS. FRY THE DRAINED PORK IN A LITTLE PEANUT OIL AND ONE CLOVE CHOPPED GARLIC. SHOULD TAKE ABOUT 5 OR 6 MINUTES. REMOVE FROM PAN. ADD VEGETABLES AND A LITTLE MORE PEANUT OIL. STIR-FRY UNTIL THE VEGETABLES ARE BARELY COOKED AND STILL CRISP. ADD PORK. ADD PINCH OF SALT AND A BIT OF HOT PEPPER SAUCE (TO TASTE). THICKEN WITH CORNSTARCH DISSOLVED IN CHICKEN BROTH.

PORK MEXICAN STYLE

THINLY SLICE UP TWO DEBONED PORK STEAKS. SLICE UP 1/2 YELLOW ONION AND ONE GREEN PEPPER. FRY PORK QUICKLY IN OIL AND A LITTLE GARLIC. ADD VEGETABLES AND CONTINUE TO STIR FRY. ADD A PINCH OF GROUND CUMIN AND A PINCH OF OREGANO. SALT. AT THE LAST ADD A SHOT OF DRY SHERRY.

PORK SOUVLAKIA

GREEK SHISH KEBAB

CUT 1 LB. PORK INTO 1/2" CUBES. CUT UP ONE YELLOW ONION AND TWO GREEN PEPPERS INTO 1" LEAVES. MARINATE ALL OF ABOVE IN 2 TBS. OLIVE OIL, 1 TBS. LEMON JUICE, 1/2 TBS. LIGHT SOY SAUCE, AND 1/2 TSP. OREGANO. ADD SALT AND PEPPER. MARINATE ALL FOR ABOUT TWO HOURS AND THEN ALTERNATE VEGETABLES AND MEAT ON SKEWERS. BROIL.

PORK KIDNEY

CHINESE STYLE

SLICE THREE PORK KIDNEYS VERY THIN AND SCORE IN A CRISS-CROSS MANNER ON ONE SIDE. SLICE UP 1/2 CUP CELERY, 1/2 CUPS CARROTS, 1/2 CUP YELLOW ONIONS, AND 1/2 CUP ZUCCHINI. CUT ONE PORK STEAK INTO SMALL BITE-SIZE PIECES.

NOW. COOK THE PORK IN A HOT PAN OR WOK WITH A LITTLE PEANUT OIL FOR A FEW MINUTES. REMOVE. ADD 2 CLOVES SLICED GARLIC TO THE PAN AND 2 TBS. PEANUT OIL. ADD THE VEGETABLES IN THE ORDER LISTED ABOVE AND COOK FOR 2 MINUTES AFTER EACH ADDITION. ADD THE KIDNEY AND THE PORK AND STIR-FRY FOR 5 MINUTES MORE. THEN ADD A SAUCE OF 1/2 TSP. GRATED FRESH GINGER, 2 TBS. DRY SHERRY, 2 TBS. LIGHT SOY SAUCE, AND A LITTLE CORNSTARCH AND WATER. YOU MAY WISH TO ADD A PINCH OF BROWN SUGAR OR EVEN SOME HOT PEPPER SAUCE.

ADD SAUCE AND COOK UNTIL IT THICKENS.



LAMB



LAMB SHISH KEBAB
(FROM LEBANON)

CUT 2 GREEN PEPPERS IN HALVES AND THEN THIRDS THE LONG WAY. REMOVE SEEDS AND CUT EACH PIECE ACROSS. YOU WILL NOW HAVE 12 SQUARES OF GREEN PEPPER. PEEL 2 LARGE YELLOW ONIONS AND CUT IN HALF ACROSS THE MIDDLE. CUT EACH PIECE IN QUARTERS. PEEL THE LAYERS SO THAT YOU HAVE 6 PIECES ABOUT THE SAME SIZE AS THE GREEN PEPPER SQUARES. ADD ALL TO A LARGE MIXING BOWL ALONG WITH 2 LBS. OF LEG OF LAMB OR SHOULDER OF LAMB CUT INTO 1 1/2 INCH CUBES.

MAKE A SAUCE OF 1/2 CUP OLIVE OIL, 1/2 TSP. OREGANO, 1/2 TSP. DRY MINT, OR MORE IF FRESH MINT, 2 CLOVES OF CRUSHED GARLIC, AND 1 TSP. OF CHINESE SOY SAUCE. MIX WELL AND POUR OVER THE MEAT AND VEGETABLES. MIX WELL AGAIN AND LET SIT FOR 3 HOURS.

ARRANGE ON SKEWERS BEGINNING WITH AN ONION SLICE, MEAT, PEPPER, MEAT, ONION, MEAT, PEPPER, MEAT, AND ENDING WITH AN ONION. BROIL ON A COOKIE SHEET UNTIL LIGHTLY BROWN ON ALL SIDES. THIS IS THE BEST LAMB DISH I HAVE EVER TASTED!



KIBBEE
(LEBANON)

ALL INGREDIENTS MUST BE COLD FOR THIS ONE. GRIND UP 4 CUPS OF VERY LEAN LEG OF LAMB WITH YOUR COARSEST MEAT GRINDER BLADE. BE SURE YOU HAVE REMOVED ALL TRACES OF FAT OR TENDON. ADD 1 CUP OF SOAKED BULGAR WHEAT, FINE GRIND. THE BULGAR IS SOAKED IN WATER FOR ONE HOUR AND THEN DRAINED. YOUR DRAINED, SOAKED AMOUNT SHOULD BE 1 CUP. YOU MAY FIND GRAIN BULGAR IN ANY MIDDLE EASTERN SHOP OR IN MOST DELICATESSENS. ADD 2 TSP. DRY ONION FLAKES, 1 TSP. DRY MINT, SALT TO TASTE, 1/2 TSP. CINNAMON, AND 1/2 TSP. ALLSPICE. MIX WELL WITH A WOODEN SPOON AND THEN GRIND THE WHOLE AGAIN, USING THE FINE BLADE THIS TIME. BE CAREFUL TO KEEP ALL OF THIS COLD!

THIS MAY BE SERVED IN TWO WAYS. MY FAVORITE IS RAW, A CLASSIC DISH IN THE MIDDLE EAST.

PLACE A LARGE AMOUNT OF KIBBEE IN THE MIDDLE OF A BIG PLATE AND SCORE THE TOP OF THE MEAT IN A DIAMOND PATTERN. USE A SHARP PARING KNIFE. POUR A LITTLE OLIVE OIL OVER THE TOP OF THE MEAT AND ARRANGE PETALS, MADE FROM THE WEDGES OF LARGE YELLOW ONIONS, ALL AROUND THE MEAT. EAT THE MEAT ON A PETAL OF ONION.
DELICIOUS!

OR- YOU MAY BAKE THE KIBBEE IN A CAKE PAN. SCORE THE TOP AS ABOVE AND POUR A LITTLE OLIVE OIL OVER THE TOP SO

(PLEASE TURN TO NEXT PAGE)

KIBBEE, CONTINUED

THAT YOU WILL NOT DRY OUT THE MEAT. YOU MIGHT SPRINKLE SOME PINE NUTS OR ALMOND SLIVERS OVER THE TOP. BAKE AT 350° UNTIL THE MEAT IS LIGHTLY BROWNED. CUT INTO WEDGES AND SERVE.

LAMB AND ARTICHOKE STEW
(GREEK)

IN VERY LARGE FRYING PAN MELT 4 TBS. BUTTER. ADD 2 LBS. BONELESS LAMB, CUBED, AND SAUTÉ GENTLY UNTIL LIGHT BROWN. REMOVE MEAT. SAUTÉ 3 CHOPPED YELLOW ONIONS ALONG WITH 2 CLOVES CRUSHED GARLIC, AND A HANDFUL OF CHOPPED PARSLEY.

PLACE MEAT, ONIONS, ETC. IN A HEAVY KETTLE AND ADD SALT AND PEPPER, 6 OZ. TOMATO PASTE, AND ONE CUP OR SO DRY WHITE WINE. SIMMER FOR ABOUT 1 1/2 HOURS OR UNTIL LAMB IS TENDER. ADD 2 CANS ARTICHOKES IN BRINE, DRAINED, 1/2 TSP. DRIED DILL WEED, AND 3 TBS. FRESH LEMON JUICE. SIMMER UNTIL ALL IS TENDER. SERVE OVER PILAFF.

"TELL ME
WHAT YOU EAT -
AND I'LL TELL YOU
WHAT YOU ARE."

- BRILLAT SAVARIN

SAUSAGES

BRATWURST

(FROM GERMANY)

TO ONE POUND OF COARSE GROUND PORK AND ONE POUND OF COARSE GROUND VEAL OR BEEF, ADD 2 TSP. GROUND CELERY, 2 TSP. GROUND CARAWAY, 2 TBS. DRY MILK, ONE EGG, 2 TSP. ONION POWDER, SALT AND PEPPER, A LITTLE GRATED LEMON PEEL, AND 1 TBL. DRY PARSLEY. ADD 3 TBS. WATER AND MIX. LET SIT AN HOUR AND MIX AGAIN. STUFF INTO CASINGS OR FRY PLAIN. BEST IN CASINGS.

ITALIAN SAUSAGE

HAVE THE BUTCHER PREPARE TWO POUNDS OF COARSE GROUND LEAN PORK. ADD 1 TBL. GROUND FENNEL, 2 CRUSHED BAY LEAVES, 1 TBL. DRIED PARSLEY, 3 CLOVES CRUSHED FRESH GARLIC, ONE PINCH OF HOT DRIED RED PEPPERS, SALT AND PEPPER, AND 4 TBS. WATER. MIX CAREFULLY, LET STAND FOR ONE HOUR AND MIX AGAIN. STUFF IN CASINGS OR FRY PLAIN.

CHORIZO

(FROM SPAIN)

TO ONE POUND COARSE GROUND LEAN PORK, ADD 1 TSP. SALT, 2 TBS. CHILI POWDER, 1/4 TSP. CLOVES, 1/2 TSP. CINNAMON, 1 TBL.

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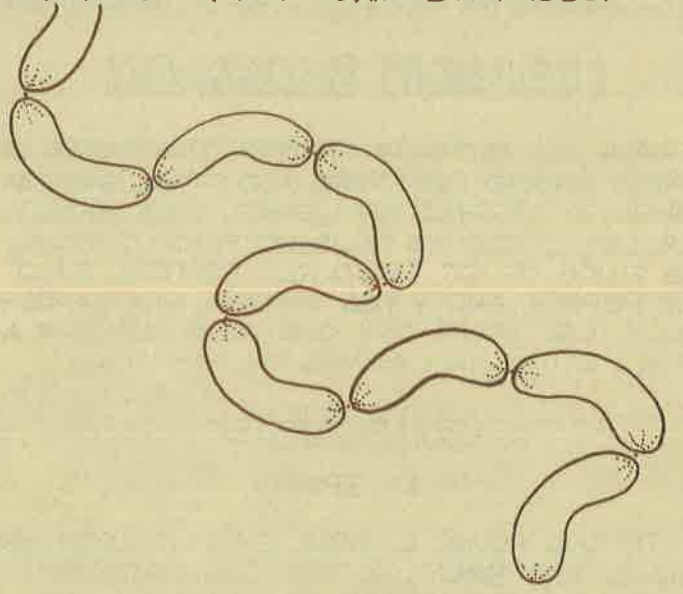
CHORIZO (FROM PREVIOUS PAGE)

PAPRIKA, 1 CLOVE CRUSHED GARLIC, 1 TSP. OREGANO, 2 TBS. VINEGAR AND 2 TBS. WATER. STUFF IN CASINGS OR COOK AS IS. BEST IN CASINGS.

ORANGE SAUSAGE

(FROM GREECE)

TWO POUNDS BEEF AND 1 POUND PORK, ALL COARSE GROUND. ADD ONE CLOVE CRUSHED GARLIC, GRATED PEEL FROM 1/2 ORANGE, 1 1/2 TSP. SALT, 1 TSP. CINNAMON, 1 TSP. ALLSPICE, 1 TSP. PEPPER, AND 1/2 CUP WHITE WINE. EASY TO MIX ALL OF THE ABOVE SPICES AND WINE IN OSTERIZER THEN ADD TO MEAT. STUFF IN CASINGS OR FRY PLAIN. DELICIOUS.



Vegetables

RATATOUILLE

DICE ONE EGGPLANT UP INTO 1/2" x 1/2" SQUARES AND TOSS WITH 2 TBS. SALT. PLACE IN A COLANDER AND DRAIN FOR 1/2 HOUR. IN 1/4 CUP OLIVE OIL SAUTÉ 4 CUPS CUT UP ZUCCHINI FOR 5 MINUTES. ADD 2 COARSELY CHOPPED YELLOW ONIONS AND ONE GREEN PEPPER, ALSO CUT UP. COOK FOR 15 MINUTES. IN ANOTHER PAN SAUTÉ EGGPLANT FOR 15 MINUTES IN A LITTLE OLIVE OIL. REMOVE FROM PAN. SAUTÉ 3 OR 4 COARSELY CHOPPED TOMATOES FOR A FEW MINUTES. ADD ALL OF THE ABOVE TO A LARGE SAUCEPAN. ADD SALT AND PEPPER, 1 TSP. BASIL AND 1/2 TSP. CORIANDER. COOK FOR 45 MINUTES ON TOP OF STOVE. CAREFUL THAT THE VEGETABLES DO NOT BECOME TOO MUSHY. SERVE AS A SIDE DISH WITH ALMOST ANY MEAT.

CHOWED CHINESE VEGETABLES

WHEN COOKING VEGETABLES CHINESE STYLE, ALWAYS REMEMBER TO PUT THE VEGETABLE THAT WILL TAKE THE LONGEST TO COOK IN THE PAN FIRST. THEN, GO FROM THERE.

IN HOT FRYING PAN SAUTÉ 2 CLOVES SLICED GARLIC IN 2 TBS. PEANUT OIL. ADD CHOPPED YELLOW ONIONS AND COOK FOR A MOMENT. ADD CHOPPED CELERY. COOK A FEW MINUTES MORE AND THEN ADD SOAKED, DRAINED, CHOPPED CHINESE MUSHROOMS, AND EITHER SUGAR PEAS OR FROZEN PEAS. COOK

(CONTINUED ON NEXT PAGE)

CHOWED CHINESE VEGETABLES (CONTINUED)

UNTIL ALL IS HOT, ON HIGH HEAT, STIRRING VERY OFTEN. MIX 1 TSP. BROWN SUGAR WITH 1 TBS. SESAME OIL, 2 TBS. LIGHT SOY, AND 1 TBS. DRY SHERRY. THROW THIS IN PAN, MIX, AND SERVE.

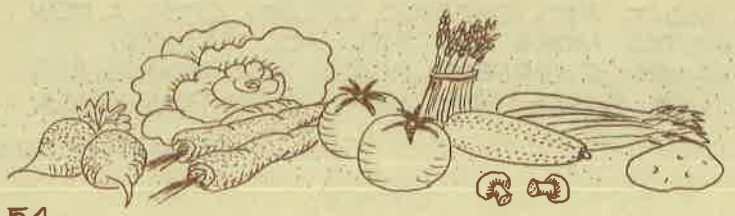
CUCUMBERS AND YOGURT

(LEBANON)

SLICE FRESH CUCUMBERS THINLY AND SET ASIDE IN REFRIGERATOR. MIX 2 CUPS OF YOGURT WITH A PASTE THAT YOU HAVE MADE FROM A DOZEN OR SO FRESH MINT LEAVES AND 2 CLOVES GARLIC. POUND TO A PASTE IN A TEA CUP OR MORTAR AND PESTLE AND MIX WITH YOGURT. ADD TO THE DRAINED CUCUMBERS ALONG WITH A LITTLE SALT. CHILL BEFORE SERVING.

ZUCCHINI PILAFF

SAUTÉ TWO CUT UP ZUCCHINI IN A LITTLE OLIVE OIL AND GARLIC. REMOVE FROM PAN. ADD ONE CUP LONG GRAIN RICE AND BROWN IN A LITTLE BUTTER. PLACE RICE IN A SAUCEPAN AND ADD 1 1/2 CUPS CHICKEN BROTH AND 1/2 CUP DRY WHITE WINE. BRING TO BOIL WITHOUT LID. ADD SALT. ADD ZUCCHINI TO TOP OF RICE. DO NOT STIR. COVER AND SIMMER UNTIL RICE IS TENDER. ADD FRESHLY GRATED PARMESAN OR ROMANO CHEESE WHEN SERVING.



PEASE PORRIDGE

(ENGLAND)

THIS IS A DISH BROUGHT FROM ENGLAND. TOUGH FOOD FOR THE WINTER, BUT WITH A LITTLE BUTTER YOU CAN MAKE A LOVELY DISH FOR AN EARLY AMERICAN DINNER.

PLACE 2 CUPS OF RINSED AND PICKED-OVER GREEN SPLIT PEAS (DRY) IN A PAN WITH 2 1/2 CUPS OF WATER. ADD A LITTLE SALT AND BRING TO A BOIL, STIRRING. SIMMER WITH THE LID ON UNTIL THE WHOLE THING TURNS TO MUSH. YOU MAY HAVE TO ADD A LITTLE MORE WATER. BE CAREFUL NOT TO BURN THIS! STIR OFTEN. WHEN A NICE MUSH CONSISTENCY IS REACHED, ADD A LITTLE BUTTER AND SALT AND PEPPER, IF NEEDED.

MISAQUATASH

(AMERICAN INDIAN)

THIS IS THE ORIGINAL DISH FROM WHICH WE GET THE NAME "SUCCOTASH."

COOK KIDNEY BEANS AND CORN TOGETHER. ORIGINALLY BEAR GREASE WAS ADDED TO THIS DISH, BUT I SUGGEST A LITTLE BUTTER, SALT, AND PEPPER (IF YOU KNOW WHERE I CAN GET SOME BEAR GREASE, WRITE ME...)

ASPARAGUS AND BEEF

(CHINA)

I HOPE YOU HAVE A GOOD STEEL WOK. IT WILL HELP YOU A GREAT DEAL IN THE KITCHEN.

SLICE FRESH ASPARAGUS UP INTO PIECES

(CONT.)



ASPARAGUS AND BEEF, CONTINUED

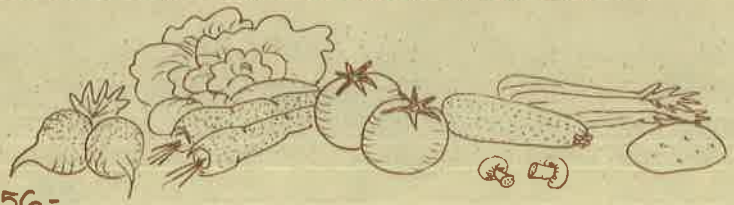
ABOUT 1/2 INCH THICK. MARINATE 1/2 LB. THINLY SLICED BEEF STEAK (SLICED ACROSS THE GRAIN SO IT WILL BE TENDER) IN 2 TBS. LIGHT SOY SAUCE, 1 TBS. DRY SHERRY AND A LITTLE FRESHLY GRATED GINGER ROOT. ADD 1 TBS. OF PEANUT OIL IN THE HOT WOK AND ADD THE DRAINED MEAT. DO NOT TURN BUT ALLOW TO COOK ONLY UNTIL IT IS LIGHTLY BROWNED ON ONE SIDE. REMOVE FROM WOK.

PLACE 1 TBS. OF PEANUT OIL IN THE HOT WOK AND ADD 2 CLOVES OF SLICED GARLIC. ADD THE ASPARAGUS AND TOSS OR STIR-FRY OVER HIGH HEAT UNTIL BARELY DONE. SHOULD STILL BE CRUNCHY. PUT THE BEEF BACK INTO THE WOK ALONG WITH THE ASPARAGUS AND ADD A SAUCE MADE OF 1/2 CUP CHICKEN OR BEEF STOCK, 1 TBS. OF SOY AND 1 TBS. OF CRUSHED DOWSEE (FERMENTED BLACK BEANS — CHINESE MARKET). STIR UNTIL SAUCES BLEND AND SERVE IMMEDIATELY. — ALSO TRY WITH BROCCOLI!

CHINESE BEAN CURD WITH OYSTER SAUCE

CUT A FRESH BEAN CURD CAKE UP INTO 1/2 BY 1 INCH PIECES. DRAIN. SOAK A FEW CHINESE DRIED MUSHROOMS IN WATER FOR ONE HOUR. SLICE UP 1/2 YELLOW ONION.

LIGHTLY BROWN BEAN CURD IN 2 TBS. HOT PEANUT OIL IN WOK OR FRYING PAN. REMOVE. SAUTÉ YELLOW ONIONS IN SAME. ADD BEAN CURD, SLICED, DRAINED MUSHROOMS AND COOK FOR A MOMENT. ADD 1 TSP. BROWN SUGAR, A SHOT OF DRY SHERRY, 1 TBS. LIGHT SOY SAUCE, AND 2 TBS. CHINESE OYSTER SAUCE. SIMMER ONE MINUTE MORE AND SERVE.



PORK CHOW YUK

(CHINA)

CUT UP TWO OR THREE PORK STEAKS INTO 1/2 x 1/2" PIECES. MARINATE IN A LITTLE SOY SAUCE, SHERRY AND GINGER (JUST AS IN "ASPARAGUS AND BEEF," ABOVE). NO CORNSTARCH. SAUTÉ OR CHOW THE PORK IN A LITTLE PEANUT OIL IN A HOT WOK, STIRRING UNTIL COOKED. SHOULD TAKE NO MORE THAN 5 MINUTES. REMOVE PORK.

ADD A LITTLE MORE OIL TO THE WOK, 2 CLOVES SLICED GARLIC, THEN CHOW THE VEGETABLES. YOU CAN USE CHOPPED YELLOW ONIONS, CELERY, MUSHROOMS, CHINESE CABBAGE OR NAPA, BOK CHOY, AND FINALLY, BEAN SPROUTS. ADD YOUR VEGETABLES IN THE ABOVE ORDER SO THAT NOTHING IS OVERCOOKED WHEN ALL ARE DONE.

THICKEN THE DISH WITH 1/2 CUP CHICKEN STOCK MIXED WITH 1 TBS. CORNSTARCH, ONE TBS. LIGHT SOY, ONE TBS. DRY SHERRY, A PINCH OF SUGAR AND 1/4 TBS. SESAME OIL.

ADD TO THE WOK ALONG WITH THE PORK AND VEGETABLES AND STIR-FRY UNTIL THICKENED—JUST A MOMENT. SERVE THIS RIGHT AWAY AS IT WILL CONTINUE TO COOK IN THE WOK.

REMEMBER: SERVE CHINESE VEGETABLES THE MINUTE THEY ARE DONE SO THAT THEY ARE NEVER OVER COOKED!

"BETTER A PERSON SHOULD WAIT FOR A MEAL THAN THE MEAL WAIT FOR THE PERSON"



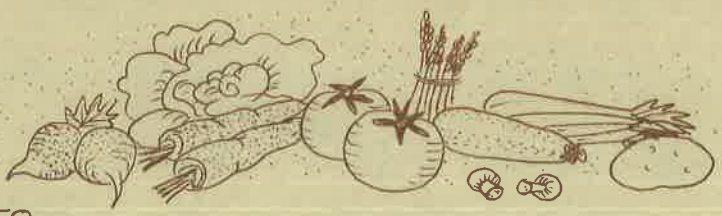
BROILED TOMATOES

(ITALY)

THE FRENCH AND ITALIANS LOVE THESE. SO WILL YOUR GUESTS. SLICE YOUR TOMATOES IN HALF, ACROSS THE GRAIN, AND PLACE ON A COOKIE SHEET. SALT AND PEPPER, AND BRUSH THEM WITH A LITTLE GARLIC CRUSHED IN OLIVE OIL. FOR AN ITALIAN TOMATO — SPRINKLE WITH BASIL AND OREGANO AND TOP WITH GRATED PARMESAN CHEESE. FOR A FRENCH TOMATO — TOP WITH OILED BREAD CRUMBS, BASIL AND PARMESAN CHEESE. PLACE UNDER A BROILER UNTIL THE CHEESE BROWNS A BIT. NOW, YOU CAN REMOVE THESE AND WARM THEM UP LATER IN A MEDIUM OVEN, OR YOU CAN TURN OFF THE BROILER AND FINISH THEM IN A MEDIUM OVEN. IN ANY CASE, WHEN THEY ARE DONE THEY SHOULD BE HOT, BUT STILL FIRM!

LEBANESE ZUCCHINI

CUT SEVERAL ZUCCHINI SQUASH IN HALF, THE LONG WAY, AND SCOOP OUT THE SEEDS. COOK 1 CUP OF LONG-GRAIN RICE, BUT KEEP IT FIRM AND NICE. MIX THE RICE WITH THE FOLLOWING: 1 CHOPPED YELLOW ONION, BROWNED, A LITTLE SALT AND PEPPER, 1 TBS. LEMON JUICE, 1/2 TSP. ALLSPICE, 1/2 TSP. CINNAMON, AND A TEASPOON DRY DILL. MIX, THEN STUFF THE ZUCCHINI SHELLS. LAY THEM FACE UP IN A BAKING DISH AND ADD TOMATO SAUCE TO THE BOTTOM OF THE PAN. DO NOT COVER THE SQUASH WITH THE SAUCE (COVER AND BAKE IN A MEDIUM OVEN UNTIL TENDER BUT FIRM. SERVE WITH A LITTLE OF THE SAUCE ON TOP.



MIXED SAUTÉED VEGETABLES

TRY THIS FOR A CHANGE ... PLACE SOME OLIVE OIL AND GARLIC IN A LARGE FRYING PAN, SAUTÉ CUT-UP YELLOW ONIONS, GREEN PEPPERS, MUSHROOMS, AND ARTICHOKES UNTIL TENDER - BUT STILL FIRM! CUT ALL PIECES SO THEY ARE QUITE LARGE, OR YOU WILL HAVE MUSH! ADD A LITTLE BUTTER, SALT & PEPPER AND A TOUCH OF DRY SHERRY. SERVE RIGHT AWAY!

FRIED CUCUMBERS (GERMANY)

A GERMAN DISH THAT WILL SURPRISE YOU! FRY CUCUMBER SLICES, UNPEELED, IN BUTTER UNTIL BARELY TENDER. SALT & PEPPER.

BOILED RED CABBAGE (ENGLAND)

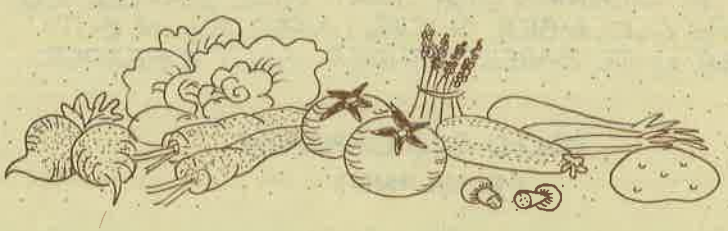
GREAT WITH THE BIRDS! CHOP UP 3 HEADS OF RED CABBAGE, BEING CAREFUL TO REMOVE THE CORE. PLACE IN A KETTLE, ADD 2 CUPS CHICKEN BROTH, 1/2 CUP WHITE VINEGAR, 2 BAY LEAVES, CRUSHED, 1/2 CUP BROWN SUGAR, 1/2 STICK OF BUTTER, SALT & PEPPER. SIMMER THIS FOR AN HOUR OR LONGER, UNTIL THE CABBAGE IS SWEET AND TENDER.



BAKED WHOLE ONIONS (ENGLAND)

THEY USED TO SERVE THESE AT OPEN THEATRES DURING THE 16TH AND 17TH CENTURIES.

PEEL SEVERAL MEDIUM YELLOW ONIONS AND SIMMER THEM IN CHICKEN BROTH FOR 30 MINUTES. REMOVE AND PLACE IN BUTTERED BAKING PAN. MIX MELTED BUTTER WITH A LITTLE PAPRIKA AND BRUSH THE ONIONS WITH THIS MIXTURE. SPRINKLE THE TOPS OF THE ONIONS WITH BREAD CRUMBS AND ADD MORE BUTTER AND PAPRIKA. BAKE IN 375° OVEN FOR ABOUT 20 MINUTES OR UNTIL LIGHTLY BROWNED.



"ARTICHOKES AND MUSHROOMS
ARE PROOF THAT GOD WANTS US TO
BE HAPPY.
WE COULD HAVE GOTTEN ALONG
WITHOUT THEM—
BUT WHO WOULD WANT TO?"

-JEFF SMITH

Sauces

Béchamel Sauce

THOUGH THIS SAUCE HAS A FRENCH NAME IT WAS INVENTED BY THE GREEKS. BRING TWO CUPS MILK TO A SIMMER. ADD ADD A LITTLE CHOPPED YELLOW ONION, A CRUSHED BAY LEAF, AND PERHAPS SOME CAYENNE PEPPER. SIMMER FOR A FEW MINUTES AND STRAIN THE MILK STOCK. RETURN TO STOVE. MELT 1/2 STICK BUTTER AND STIR IN 3 TBS. FLOUR. REMOVE MILK FROM BURNER AND STIR IN THE FLOUR AND BUTTER. CONTINUE TO SIMMER AND STIR UNTIL THICK. AND SALT AND PEPPER TO TASTE.

THIS FINE WHITE SAUCE IS GOOD FOR CREAMED MEAT DISHES, FISH, AND I PUT IT OVER CHICKEN AND BAKE.

Mornay Sauce

THIS IS SIMPLY BÉCHAMEL SAUCE WITH A LITTLE GRATED PARMESAN OR ROMANO STIRRED INTO IT. ADD A LITTLE WORCESTERSHIRE AND DRY SHERRY. GREAT ON POACHED FISH OR SHRIMP. COVER SHRIMP AND BAKE FOR A SHORT TIME.

Hollandaise Sauce

INTO A BLENDER PLACE FOUR EGG YOLKS, 1/2 TSP. SALT, 1/2 TSP. DRY MUSTARD, 1 TBS. LEMON JUICE, AND A SHOT OF TABASCO. BLEND FOR 3 SECONDS. THEN, WHILE BLENDER IS GOING POUR IN 1/4 LB. MELTED BUTTER. THAT IS QUITE HOT. THE TEMPERATURE OF THE BUTTER IS THE SECRET. MAKE IT VERY HOT WITHOUT BURNING IT, AND THE HOLLANDAISE WILL THICKEN IMMEDIATELY. SERVE ON VEGETABLES, POACHED EGGS, OR MEATS.

Béarnaise Sauce

IN A SMALL FRYING PAN SIMMER 1/4 TSP COARSE CRACKED BLACK PEPPER ALONG WITH 1/2 TBS. WHOLE TARRAGON LEAVES AND 4 TBS. WHITE WINE VINEGAR. SIMMER UNTIL THE VINEGAR IS ALMOST GONE. ADD SOME CHOPPED SHALLOTS OR YELLOW ONION AND SIMMER FOR A MOMENT. ADD 1/2 CUP BEEF STOCK AND 1/2 CUP DRY RED WINE. REDUCE TO HALF. THIS IS REDUCED BÉARNAISE. KEEP IN CLOSED CONTAINER IN YOUR REFRIGERATOR. WHEN YOU WANT TO MAKE BÉARNAISE SAUCE SIMPLY ADD A LITTLE OF THIS REDUCTION TO HOLLANDAISE. BÉARNAISE! FINE ON BEEF STEAKS OR HAMBURGER.

Glacage

THIS IS SIMPLY A HOLLANDAISE TO WHICH YOU HAVE ADDED SOME WHIPPED CREAM, UNSWEETENED. TRY THIS ON VEGETABLES OR OMELETTES. LOVELY.

Bordelaise Sauce

SAUTÉ SOME CHOPPED SHALLOTS OR YELLOW ONION ALONG WITH FRESH MUSHROOMS IN A LITTLE BUTTER OR MARROW FAT. WHEN TENDER, ADD THIS TO A CUP OF OUR GOOD BEEF STOCK AND ONE CUP OF WINE WHICH YOU HAVE SIMMERED UNTIL REDUCED BY ONE HALF. ADD A LITTLE CHOPPED PARSLEY, SALT AND PEPPER, AND THICKEN WITH CORNSTARCH AND WATER. DELICIOUS ON MEATS OF ANY KIND. YOU MAY ADD GARLIC.

Quick Cheese Sauce

A QUICK SAUCE MAY BE MADE BY SIMPLY MELTING A GOOD SHARP CHEDDAR CHEESE IN A LITTLE HOT MILK ON THE STOVE. ADD A LITTLE WORCESTERSHIRE SAUCE, SALT, AND A TAD OF DRY SHERRY. FINE OVER EGGS AND MUFFINS FOR BREAKFAST.

"EATING AND READING
SHOULD BOTH BE DONE SLOWLY."

-SPANISH PROVERB



Classic French Bread

FRENCH BREAD IS EASY TO MAKE IF YOU ARE WILLING TO BEAT THE DOUGH WITHIN AN INCH OF YOUR LIFE..... AND YOU MUST WEIGH INGREDIENTS!

1,000 GR. FLOUR - 2¼ LBS.
600 GR. WATER - (LUKEWARM) - 1 LB., 5 OZ.
20 GR. SALT - 3/4 OZ.
2 SQUARES YEAST (FLEISHMANN)

DISSOLVE YEAST IN ABOUT ¼ OF THE WATER. PUT SALT IN REMAINING WATER AND DILUTE WELL. PUT HALF THE FLOUR IN A BIG BOWL, ADD SALTED WATER AND MIX TOGETHER, THEN ADD WATER WITH YEAST AND WORK FOR ABOUT 20 MINUTES, THEN ADD SECOND HALF OF THE FLOUR AND WORK WITH BOTH HANDS FOR ANOTHER 20 MINUTES (THE HARDER THE BETTER)

PUT DOUGH ON FLAT SURFACE - PREFERABLY A PLANK - TO LET IT RISE; COVER WITH A BIG PLASTIC BOWL OR ANYTHING BIG ENOUGH TO KEEP IT FROM COLD OR DRAFT. LET RISE AT ROOM TEMPERATURE ABOUT 4 HOURS. CUT DOUGH AND SHAPE INTO LOAVES. CUT TINY SLASHES ACROSS TOP OF LOAVES. LET RISE AGAIN ON SMALL PIECES OF WOOD OR PLYWOOD ON WHICH YOU HAVE SPRINKLED A GENEROUS AMOUNT OF WHITE CORN MEAL.

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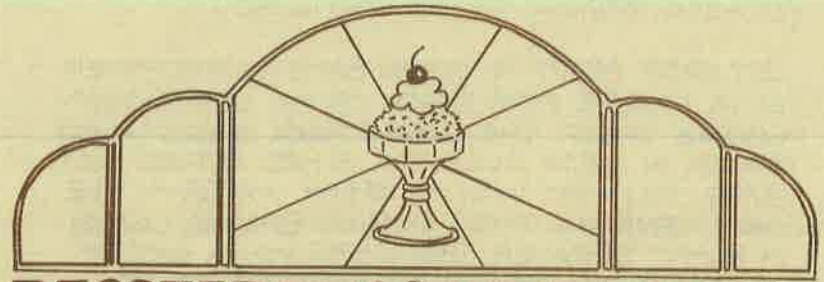
(CLASSIC FRENCH BREAD CONTINUED)

LET RISE ABOUT AN HOUR. BAKE IN 350° OVEN ON A LARGE FIRE BRICK OR AN UPSIDE-DOWN COOKIE SHEET. THE LARGE BRICK IS BEST-HEAT BRICK IN 350° OVEN FOR 2 HRS. BEFORE YOU BAKE. YOU MAY WISH TO SPRAY WATER IN THE OVEN SEVERAL TIMES DURING BAKING, USING A PLANT SPRAYER. THIS GIVES YOU A GREAT CRUST. BAKE ABOUT 15 MINUTES OR SO....

LEBANESE BREAD

DISSOLVE 2 CAKES YEAST IN 2 CUPS LUKE-WARM WATER. PLACE 8 CUPS UNBLEACHED WHITE FLOUR AND 2 CUPS WHOLE WHEAT FLOUR IN A LARGE BOWL. ADD 1/2 TBL. SALT. POUR IN YEAST AND WATER MIXTURE AND ADD ENOUGH WATER TO MAKE A VERY STIFF DOUGH. KNEAD UNTIL SMOOTH. COVER AND LET RISE UNTIL DOUBLE. PUNCH DOWN AND MOLD DOUGH INTO SMALL PIECES ABOUT THE SIZE OF A BASEBALL. BE SURE AND SEAL THE DOUGH BY ROLLING IT AROUND IN YOUR HANDS UNTIL SMOOTH. PLACE ON TRAY, COVER WITH PLASTIC WRAP, ALLOW TO RISE FOR ONE HOUR.

YOUR OVEN MUST BE AT 575° MINIMUM. BEST TO HAVE A GLASS DOOR SO YOU CAN SEE. ROLL OUT BALLS OF DOUGH ON FLOURED BOARD, ONE AT A TIME. PLACE ON SMALL WOODEN BOARD AND SLIDE ONTO UPSIDE-DOWN COOKIE SHEET IN OVEN. WHILE ONE IS BAKING ROLL OUT THE NEXT. LOAF WILL TAKE ONLY A FEW MINUTES TO BAKE. VERY LIGHT BROWN SPOTS WILL FORM ON LOAF AFTER IT PUFFS UP LIKE A BALL. REMOVE FROM OVEN AND PLACE ON TERRY CLOTH TOWEL. COVER WITH ANOTHER TOWEL AND STACK THE REST OF THE LOAVES ONE ON TOP OF THE OTHER AS THEY COME FROM THE OVEN. KEEP COVERED UNTIL COOL.



DESSERT·DESSERT·DESSERT

INDIAN PUDDING (BOSTON)

CORN PUDDINGS KEPT OUR FOREFATHERS ALIVE DURING THEIR FIRST DAYS IN THIS COUNTRY. THE CORN, AND THEREFORE OUR LIVES, WAS A GIFT FROM THE GRACIOUS INDIANS. WITHOUT THEM THE SETTLERS SURELY WOULD HAVE DIED.

THIS DISH TAKES A LONG TIME TO PRERARE, BUT IT IS WORTH IT! MIX 1 CUP YELLOW CORN MEAL WITH 1/2 CUP BLACK MOLASSES, 1/4 CUP SUGAR, 1/4 CUP BUTTER, 1/4 TSP. SALT, 1/4 TSP. BAKING SODA AND 2 EGGS. ADD 3 CUPS OF HOT MILK, STIRRING CAREFULLY. PLACE IN A 2 QUART BEAN POT OR OTHER COVERED POT AND BAKE IN A 400° OVEN UNTIL ALL COMES TO A BOIL. THEN STIR IN ANOTHER 3 CUPS OF HOT MILK AND BAKE AT 275° FOR 4-6 HOURS UNTIL ALL ABSORBED. STIR EVERY 1/2 HOUR. SERVE HOT IN LITTLE BOWLS WITH A BIT OF VANILLA ICE CREAM ON TOP.

HOT BRIE AND ALMONDS

PLACE A SMALL WHEEL OF BRIE CHEESE IN A SMALL OVEN DISH. COVER THE TOP WITH ALMONDS (TOASTED IN OVEN). HEAT THE BRIE AND ALMONDS IN OVEN UNTIL CHEESE BEGINS TO MELT. THEN SERVE WITH FLAT RYE CRACKERS!

BLINTZ
JEWISH EGG PANCAKES

IN YOUR OSTERIZER, PLACE 2 EGGS, 3/4 CUP MILK, 1 OZ. MELTED BUTTER (COOLED), SALT AND 1/4 CUP FLOUR. OSTERIZE FOR A MOMENT, THEN ALLOW TO COOL IN REFRIGERATOR FOR A COUPLE OF HOURS. MAKE THE PANCAKES AS YOU WOULD A CRÊPE. BUT DO NOT TURN THEM. THEY SHOULD BE THIN AND NOT AT ALL BROWN! FRY THEM IN A MEDIUM HEAT PAN UNTIL THE TOP IS DRY IN APPEARANCE, BUT THE BOTTOM IS NOT BROWN. KEEP THEM SEPARATED WITH WAX PAPER UNTIL ALL ARE COOKED. PREPARE A FILLING OF ONE LB. LARGE CURD COTTAGE CHEESE THAT YOU HAVE ALLOWED TO DRAIN IN A COLANDER FOR AT LEAST 2 HOURS. PUT THE CHEESE THROUGH A POTATO RICER. ADD 1 EGG, A FEW RAISINS, 1/4 CUP SOUR CREAM, THE GRATED PEEL FROM A LEMON, SUGAR TO TASTE AND A TOUCH OF SALT. BLEND WELL WITH A FORK AND FILL THE BLINTZES WITH A LITTLE OF THE MIXTURE THEN FOLD THEM UP LIKE LITTLE ENVELOPES. PLACE ON AN OILED COOKIE SHEET AND BRUSH THE TOPS WITH MELTED BUTTER. WHEN READY TO SERVE, PLACE UNDER A BROILER UNTIL THE TOPS BEGIN TO BROWN. SERVE WITH MORE SOUR CREAM ON TOP ALONG WITH YOUR FAVORITE JAM. SO GOOD!!

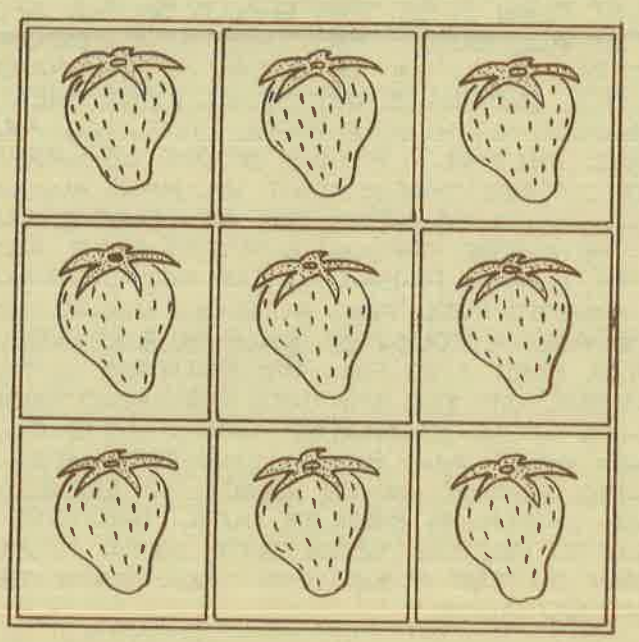
COEUR À LA CRÈME
(FRANCE)

THIS CLASSIC FRENCH DESSERT IS SO EASY TO MAKE IT WILL EMBARRASS YOU! BLEND 8 OZ. CREAM CHEESE WITH 1/2 PINT OF SOUR CREAM, 2 TBS. LEMON JUICE AND 2 TABLESPOONS OF SUGAR. STIR UNTIL CREAMY AND THEN PLACE IN ANY KIND OF MOLD YOU WISH! CHILL AND SERVE WITH FRESH BERRIES OR OTHER FRESH FRUIT!

FRUIT TART

BAKE A PIE SHELL OR A SPONGE CAKE TART AND FILL THE CENTER WITH CUT, FRESH STRAWBERRIES. MELT A CUP OR SO OF CURRANT JELLY IN A SAUCEPAN AND POUR OVER THE FRUIT. COOL.

THIS IS AN EASY WAY TO PREPARE A LOVELY FRUIT GLAZE.



APPENDIX

The Well-Equipped Kitchen

Knives ~ AVOID BUYING STAINLESS STEEL. THEY ARE TOO HARD TO SHARPEN. CHOOSE HIGH-CARBON STEEL KNIVES FROM FRANCE OR GERMANY.

Pots & pans ~ LOOK FOR GOOD HEAVY EQUIPMENT. IT WILL COST MORE TO START WITH, BUT IN THE LONG RUN IT WILL BE CHEAPER. IF YOU HAVE THIN STAINLESS STEEL PANS ALREADY, YOU CAN AVOID BURNING BY USING A FRENCH HEAT DIFFUSER.

Safety area BY STOVE ~ PUT A PIECE OF NON-FLAMMABLE MATERIAL, SUCH AS SLATE, RIGHT NEXT TO YOUR STOVE. YOU CAN SET HOT PANS UPON IT WITHOUT BURNING YOU OR THE COUNTER.

Fire extinguisher ~ BUY A GOOD ONE & KEEP IT BY THE STOVE.

Marble slab ~ FIND A LARGE PIECE OF MARBLE FOR YOUR KITCHEN. GREAT FOR DOUGHS, PASTRIES, & CANDY.

Storage OF EQUIPMENT ~ I LIKE TO STORE MY COOKING EQUIPMENT OUT IN THE OPEN. I FIND I USE IT MUCH MORE IF IT IS IN SIGHT. CHOOSE A GOOD POTRACK OR AN OPEN SHELF.

VERSATILE COFFEES

COFFEE WILL TASTE BEST TO YOU IF YOU BUY YOUR BEANS FRESHLY ROASTED AND GRIND THEM YOURSELF. ROASTED BEANS KEEP PERFECTLY FRESH IN A CLOSED CONTAINER IN YOUR FREEZER, AND YOU CAN AFFORD TO KEEP SEVERAL TYPES OF BEANS AND MIX THEM AT WILL. BEANS OF A DARKER ROAST WILL GENERALLY COST MORE THAN LIGHTER BEANS SIMPLY BECAUSE THE DARKER THE ROAST, THE MORE WEIGHT HAS BEEN REMOVED FROM THE BEAN.

METHODS OF MAKING COFFEE

YOU KNOW THESE METHODS AS WELL AS I: OPEN POT, VACUUM POT, SILEX, PERCOLATOR, DRIP AND FILTER. I THINK THE PERCOLATOR PROBABLY ADDS MORE OILS AND BITTERNESS TO YOUR COFFEE SIMPLY BECAUSE IT IS BOILED OVER AND OVER. THE FILTER METHOD SEEMS TO BE THE BEST ONE FOR ME. IF YOU ARE BOTHERED BY ACID AND OILS IN COFFEE, TRY THE COLD WATER METHOD OF MAKING AN EXTRACT. WORKS VERY WELL. TODDY COMPANY MAKES A CHEAP GADGET TO HELP YOU DO THIS.

COFFEE ICE

SIMPLY FREEZE LEFT-OVER DARK COFFEE IN ICE CUBE TRAYS. WHEN READY FOR DESSERT, OSTERIZE THE ICE CUBES IN A BIT MORE COFFEE. SERVE WITH A LITTLE WHIPPED CREAM ON TOP. VERY ITALIAN!

COFFEE AND CHOCOLATE ICE CREAM

ALLOW SOME CHOCOLATE ICE CREAM TO MELT JUST ENOUGH SO THAT YOU CAN EASILY MIX IN SOME KAHLUA AND SOME CINNAMON. MIX UP AND REFREEZE (OR YOU CAN USE COFFEE EXTRACT). RATHER MEXICAN IN FLAVOR!



Kahlua

THIS AFTER DINNER DRINK IS A CLASSIC! BRING 4 CUPS OF WATER AND 4 CUPS OF SUGAR TO A BOIL. ADD ONE 2 OZ. BOTTLE INSTANT ESPRESSO COFFEE (I LIKE SPICE ISLANDS' "ANTIQUA" BEST) AND ALLOW TO SIMMER FOR 5 MINUTES. COOL AND POUR INTO A GALLON JUG. ADD ONE FIFTH OF CHEAP BOURBON AND 1 WHOLE VANILLA BEAN. CAP AND LET SIT FOR ONE MONTH.

FUN WITH AFTER DINNER COFFEES

MAKE A GOOD BLACK ESPRESSO COFFEE FOR YOUR GUESTS AND LET THEM MIX IT AS THEY LIKE. USE DEMITASSE CUPS.

★ESPRESSO AND BRANDY
★ESPRESSO AND LEMON - ADD A TWIST OF LEMON PEEL
★ESPRESSO AND CINNAMON - ADD A SMALL CINNAMON STICK
★ESPRESSO AND CHOCOLATE - STIR IN A LITTLE DRY CHOCOLATE AND SUGAR

MIDDLE EASTERN COFFEE

YOU WILL FIND THIS PRODUCT IN CANS IN YOUR MARKET. IT IS GROUND TO A FLOUR AND PREPARED IN STRONG DOSES. THE TURKS AND GREEKS LOVE IT. YOU MIGHT WANT TO PUT A FEW CARDAMOM SEEDS IN THE POT AND ENJOY IT THE WAY THE ARABS DO...

-When coffee first came about in the Middle East, it was condemned by the Moslem rulers as a gift of Satan. The Western Church did the same. But then Pope Clement, during the 1500's, tasted coffee and said, "This lovely fluid is too good to remain only for the followers of Satan. We will bless it and drink it ourselves." And the old boy did! So should you!

TRAVELING LUNCHES

BEHOLD - SOME IDEAS FOR THOSE WHO MUST CARRY THEIR LUNCH EACH DAY - AND WHO CANNOT EAT ANOTHER SANDWICH!

LUNCH EQUIPMENT

BUY YOURSELF A NICE CONTAINER THAT IS LARGE ENOUGH FOR A BOTTLE OF WINE, A GLASS, SOME SMALL PLASTIC CONTAINERS AND A PIECE OF PLASTIC ICE THAT CAN BE RE-FROZEN EACH NIGHT. IT WILL BE HELPFUL IF YOU HAVE NO PLACE TO KEEP YOUR LUNCH COLD.

COLD ASPARAGUS AND CAPER MAYONNAISE

A PLATE OF COLD ASPARAGUS, A LITTLE WHITE WINE, AND YOU ARE SET! MAKE THE MAYONNAISE BY ADDING CHOPPED CAPERS AND LEMON JUICE TO A GOOD MAYONNAISE. ALSO TRY SOME COLD CHICKEN!

VEGETABLE PLATE WITH HERBED CHEESE

FIX UP A PLATE OF FRESH THINGS, LIKE TOMATOES, AND CUCUMBERS. PREPARE AN HERBED CHEESE FROM CREAM CHEESE, A BIT OF MAYONNAISE, A DASH OF SOY SAUCE, A DASH OF WORCESTERSHIRE, A LITTLE GARLIC, SOME DRY MUSTARD, SOME OREGANO AND BASIL. MIX ALL OF THIS WELL AND LET IT SIT OVERNIGHT. OH YES, SOME SALT AND PEPPER! GREAT WITH LUNCH - AND A BIG HELP WHEN PREPARING HORS D'OEUVRES.

MORE LUNCHES: / ARTICHOKES & MAYONNAISE

MY WIFE, PATTY, CLAIMS THAT AN ARTICHOKE HAS ONLY 45 CALORIES (IF YOU PUT NOTHING ON IT... GOOD BEGINNING!... MY LUNCH WILL BE PACKED WITH WINE AND MAYONNAISE. CALORIES WERE INVENTED BY THE DEVIL!

LETTUCE SANDWICHES

PREPARE WHOLE LEAVES OF ICEBERG LETTUCE BEFORE GOING TO BED. PACK THEM IN PLASTIC BAGS AND KEEP THEM COLD DURING THE DAY. FOR LUNCH - FILL THEM ON THE SPOT WITH EGG SALAD OR CHICKEN SALAD OR WHATEVER YOU WISH. THIS IS AN OLD CHINESE TRICK.

MIDDLE EASTERN BREAD

YOU CAN MAKE WONDERFUL LUNCHES WITH MIDDLE EASTERN BREAD, NOW FOUND IN MOST DELICATESSENS. FILL THE POCKETS WITH SALAMI, CHEESE, AND LOTS OF LETTUCE - OR FILL THEM WITH COLD BOSTON BAKED BEANS, ALONG WITH SOME MUSTARD AND A LITTLE MAYONNAISE. A REAL BEAN BAG!

TORTILLAS

BUY SOME READY-MADE FLOUR TORTILLAS AND THINK OF SOME FILLINGS. I USE MEAT OR BEANS OR JUST SALAD - BUT - KEEP EVERYTHING SEPARATE UNTIL YOU'RE READY FOR LUNCH. YOU MIGHT TRY TORTILLAS FILLED WITH SALAD AND SOME GUACAMOLE: MIX 1 CHOPPED TOMATO WITH 2 CHOPPED GREEN ONIONS, 1/2 TSP. CHILI POWDER, 1 TSP. OLIVE OIL, 2 TSP. LEMON JUICE, 1 TSP. GROUND CORIANDER, SALT & PEPPER AND 1 MASHED AVOCADO.

CHEAP FRILLS

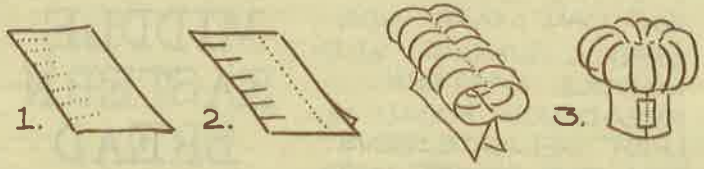
PANTIES FOR MEAT AND POULTRY

SUCH FUN TO MAKE AND A DELIGHT ON THE TABLE!

1. MAKE LITTLE CUTS ALONG THE SEAM OF A PAPER NAPKIN (EACH ABOUT 1/8 INCH APART AND ABOUT 1/2 INCH DEEP).

2. CUT AWAY ALL THE NAPKIN EXCEPT A 1 INCH BORDER UNDER THE CUTS.

3. REVERSE THE FOLD OF THE CUTS AND ROLL THE PANTIES AROUND YOUR FINGER. SEAL WITH SCOTCH TAPE.



piping guns or tubes

BUY YOURSELF A GOOD PIPING BAG. YOU CAN USE IT TO GARNISH WITH MAYONNAISE BORDERS, PIPE CHEESE ON APPETIZERS, AND EVEN PIPE MASHED POTATOES ON A PAN FOR BROWNING. IT ADDS SOME CLASS AND TAKES VERY LITTLE TIME TO MASTER. BUY SEVERAL TIPS AND YOU WILL BE AMAZED AT YOUR OWN SKILL AT DECORATING FOOD.

(MORE FRILLS)

CHOW PASTE

THIS LOVELY PASTE IS THE SAME THING YOU WOULD MAKE FOR CREAM PUFFS, WITH THE EXCEPTION OF THE SUGAR. BOIL A CUP OF WATER AND A CUBE OF BUTTER WITH 1/2 TEASPOON OF SALT. WHEN BOILING, WHIP IN 1 CUP FLOUR, USING A WIRE WHIP. THEN BLEND IN 4 WHOLE EGGS, ONE AT A TIME, AND STIR THE WHOLE UNTIL IT IS GLOSSY. USE TO PIPE OR ICE COOKED MEATS. WHEN BAKED, IT GIVES THE MEAT A MOST ATTRACTIVE PUFFY BROWN COATING.

FOR INSTANCE – COVER COOKED CHICKEN PARTS – THEY MUST BE COLD OR THE PASTE WILL NOT STICK. USE YOUR PIPING GUN TO ADD SOME NICE FRILLS TO THE CHICKEN PARTS. THEN BAKE THEM AT 425° FOR ABOUT 15 MINUTES, UNTIL THEY ARE BROWN AND PUFFY.

"HEARKEN DILIGENTLY TO ME,
AND EAT WHAT IS GOOD, AND DELIGHT YOURSELVES
IN FATNESS."

- ISAIAH 55:2

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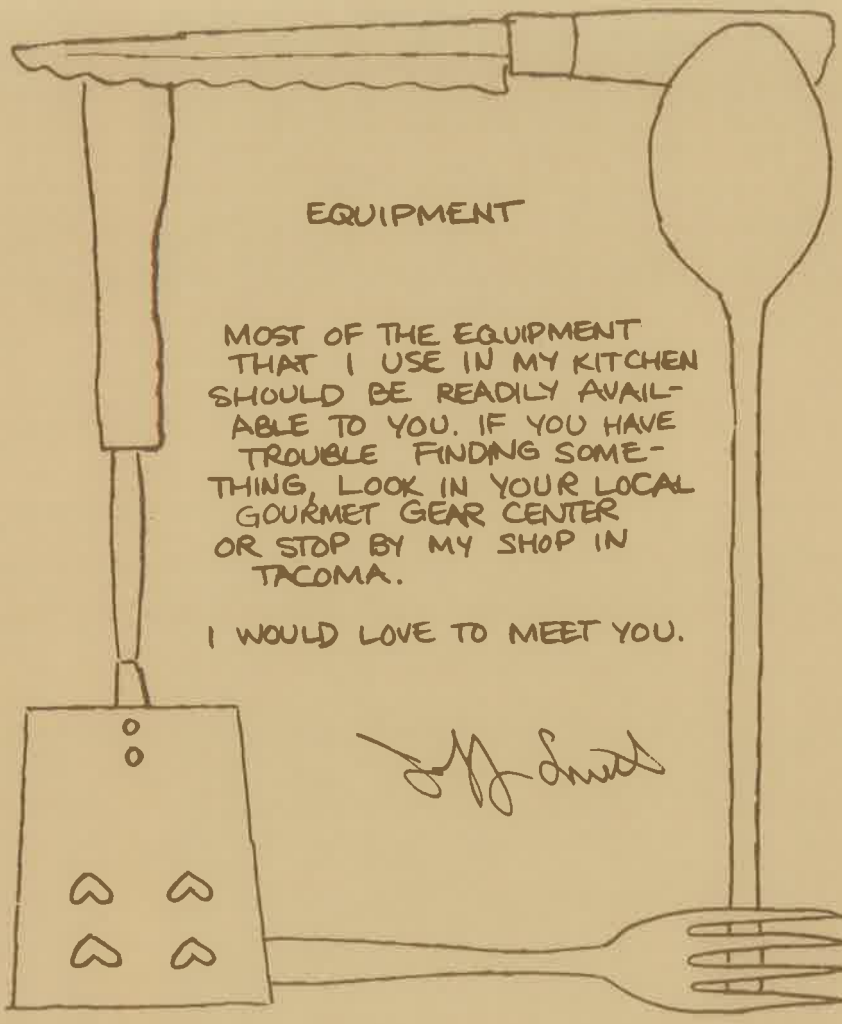
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NOTES


EQUIPMENT
MOST OF THE EQUIPMENT THAT I USE IN MY KITCHEN SHOULD BE READILY AVAILABLE TO YOU. IF YOU HAVE TROUBLE FINDING SOMETHING, LOOK IN YOUR LOCAL GOURMET GEAR CENTER OR STOP BY MY SHOP IN TACOMA.
I WOULD LOVE TO MEET YOU.

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